



DREAM VIEWS

Staying Up All Night

COMPLETE MANUAL

Dream Views Manual (Part 1)



Help With Acronyms For Complete Beginners

Welcome to Dream Views! I have put together a simple list you can refer to when you run into acronyms like WILD, HH, or RC. The concepts are kept extra basic on purpose. All of the induction techniques end with ILD which stands for such and such Induced Lucid Dream.

- **LD:** Lucid Dream
- **IRL:** In Real Life, could be IWL in waking life.
- **WILD:** lucid dreams that you enter after having been awake, as you fall asleep, or using some method like visualizing or deep trance like meditation. The W stands for wake, as in awake, so just remember that.
- **DILD:** lucid dreams that happen because you figure out that you are dreaming and become lucid in the middle of a normal dream. The D stands for Dream.
- **MILD:** Any mental trick that helps someone have DILDs. A DILD may often be called MILD if the dreamer did something to encourage it. (don't worry about the M for now)
- **DEILD:** a lucid dream you get by laying still when you first wake up and trying to return to the dream you were just having. The DE stands for Dream Exit.
- **RC:** Reality Check. This is when you stop and try to find out if you are dreaming or not. People who use RC are hoping to have it help them achieve DILDs. That makes RC a form of
- **MILD:** The idea is that if you question this during the day enough, then you will start questioning it during a dream.
- **REM:** Rapid Eye Movement is a state of sleep where many vivid dreams occurs. Named for rapid eye movements that happen during it.
- **nREM:** any state of sleep that is not REM. You can still dream in nREM but it is less common.
- **SP:** Sleep Paralysis. Waking up and not being able to move, or something similar. Often talked about in WILD threads because some people experience it when trying this type of lucid dream. Uncommon.
- **REM atonia:** Experiencing the same chemical effect that causes people to stay still when they dream. Easily broken by conscious effort. Experienced sometimes in WILD attempts. SP is often caused by something going wrong with REM atonia, but that is uncommon.
- **HH:** Hypnogogic Hallucinations. Any wierd stuff that takes place in your head when you are half asleep. This may be voices or vibrations or colorful images, or many other variations. Also may be called HI for hypnogogic images.
- **WBTB:** Wake, Back to Bed. This involves waking up anytime after about 5 hours of sleep on purpose, with the intent of going back to sleep while focusing on lucid dreams. People do this because they have a better chance of being aware in REM as the night progresses.
- **FA:** False Awakening. It is common to lose a lucid dream because you dream that you woke up. It is always a good idea to question if you have really woken or not, if you wake from a lucid dream. You may still be dreaming, but be fooled into losing lucidity.
- **DC:** Dream Charactor. Any of the people or animals you interact with inside a dream.
- **DJ:** Dream Journal.

What is a Lucid Dream?

Being lucid means knowing that you are dreaming while you are still within the dream. This is the only requirement for a lucid dream.

"False Lucidity"

False Lucidity is a term that gets floated around DV from time to time, referring to dreams where the dreamer is not sure if they were truly lucid or not. There is no such thing as a false lucid dream. This is not a term used by any dream researcher, and it often used by dreamers to express frustration at a dream which did not live up to their particular expectations of a lucid dream. To clarify:

- You do not have to intentionally induce a lucid dream for it to be lucid. Many lucid dreams are completely spontaneous.
- You do not have to be lucid throughout the entire dream for it to be a lucid dream.
- You do not have to have ANY control over the dream whatsoever for it to be a lucid dream.
- You do not have to be able to think as clearly as you would in your waking life for it to be a lucid dream.

Here are some examples of lucid dreams:

You do a reality check in a dream, and you conclude that you are dreaming. However, you get so excited that you wake up. This is a lucid dream, but one in which the dreamer did not have enough stabilization technique to keep the dream going.

You have a false awakening, do a reality check, and conclude that you are dreaming. You run off to explore the area, but you get lost in the dream plot and completely forget that you are in a dream. This is still a lucid dream, but one in which you have lost your lucidity.

You realize you are dreaming and decide that you want to do the Dreamviews Task of the Month. You can't remember what it was, so you decide to log onto your computer to find out. It does not occur to you that your dream computer will be inaccurate. You do the task you find on your dream computer and wake yourself up so you can record the dream without forgetting any details. This is a perfect example of a lucid dream with very low clarity of thought and illogical thinking, also known as a low-level or low-quality lucid dream. Being lucid does not always guarantee that you will think clearly. This is why it is very important to keep thinking logically even AFTER a successful reality check. You may have a poor awareness of your surroundings, but you still know it's a dream.

You recognize one of your dream signs and realize that you are dreaming. You decide that you want to try a classic--flying. You run to your balcony, climb up and jump. Only to fall flat on the ground. Even though you know it's a dream and that you should be able to fly, you just can't seem to get up in the air. This is a lucid dream in which there is little or no dream control.

Control vs Lucidity

Dream control is one of those difficult things for most people. Some are better at passive control, while others are better at active control. Some people just need to get more ideas; it is different for everyone, so if your control wasn't perfect, or not even present, again, that's just normal. A lot of people I know that have had a lot of lucid dreams still have problems with control. It doesn't mean they weren't lucid, just that they were unable to control the dream. Why? Well, that's up to the dreamer to find out.

Are there "levels" to Lucidity?

Generally, you either know you are dreaming or not. If you are aware on some level it is a dream, but not conscious of this, you may be pre-lucid, but you are not yet fully lucid. The level of lucidity is defined by the quality of the lucidity and clarity of thought. While you may know you are dreaming, you may not always have clarity of thought.

For example, you may know you are dreaming, but when you see a UFO, you fear that the aliens will be able to hurt you physically. Or you may meet a dream character and assume that they are their real-life counterpart. This is a lower quality lucid--while you know you are dreaming, you may not be aware of all of the implications of this knowledge. This is why so many lucid dreamers will stress the concept of awareness--it is very important to teach ourselves to constantly be aware of our surroundings and think logically.

The most confusing when it comes to lucidity is likely awareness. For example, in a dream you may say something like "Yeah, it's like that because we're dreaming" to a DC. It is one thing to say something, and another thing to understand it. Here you may not have been aware of what you said, so it meant nothing. If it meant nothing, then it was NOT a lucid dream. But what if you did understand it? In this case, you were lucid, whether you were able to change the flow of the dream, have good clarity or not, is not important to this; you may be able to next time. It is difficult to explain to people how to differentiate if they were aware of what was said or not, so this is completely up to the dreamer to decide.

Another problem with awareness is that people sometimes take for granted what the dream tells them, like when you treat a DC as you would treat a real person when you didn't intend to (Or at least not once you wake up). For example, let's say your dream mom, asks you to wash something, and maybe you live with your parents, maybe not; but even so you still will see this as an obligation and do it, right? That you weren't aware of the fact that it was only a dream and it didn't matter whether or not you did the action means your awareness wasn't good, but won't change the fact that you were lucid. This I think, goes hand-to-hand with the logic problem, but should be treated separately from being lucid, just as dream control is.

Are there Lucid Nightmares?

Yes. Since being lucid does not mean you will always have control or be able to think logically, there may be times where you know you are dreaming and you are unable to overcome your nightmare through dream control.

The Beginner's Guide to Lucid Dreaming

Welcome to Dreamviews, a site dedicated to lucid dreaming and other sleep-related topics! You must be here because you want to learn more about lucid dreaming, and perhaps get started on preparing to have your first one. The whole lucid dreaming endeavor can be pretty intimidating, but you can breathe now. This guide puts all the basic info on lucid dreaming (LDing) into one page, with links to different guides and resources, so you don't have to look all over the place to find what you're looking for.

Intro (FAQ)

What is a lucid dream?: A lucid dream is any dream in which the person is aware that he or she is dreaming. In other words, they are conscious of what's going on around them (unlike in an ordinary dream). Check out Naiya's guide here for more information.

Who can lucid dream?

Anyone can lucid dream if they are dedicated to trying it out.

Why lucid dream?

Anything is possible in a dream, even more so in a lucid one! You can travel to different places, fly, talk to people you'd never otherwise meet, and alter the dream environment itself. The limit is, literally, your imagination - if you can think of something to do, you can do it in a lucid dream. Lucids can also be a source of inspiration for creative people; there's no telling what your mind will come up with, and in a lucid dream you have a first-row ticket to observe concepts and ideas forming right in front of you. You can be productive and do things you wouldn't be able to do in waking life, during a period of time where most other people will simply be "sleeping".

How hard is it?

Achieving lucidity can be done with fairly little effort for the easier techniques (such as DILD); other techniques (such as WILD) may require more effort on the dreamer's part. If you happen to have issues with something related to lucid dreaming, the users on the Dreamviews forum are happy to answer any questions you have.

What do I have to invest for successful lucid dreaming?

Nothing except your determination and belief that your first lucid is right around the corner. There is no need for fancy gadgets or lucid dream-specific products.

How do I get started?

As someone who is interested in lucid dreaming, you first must take into account your ability to remember (or recall) dreams. Dreams are formed during a period of deep sleep called **REM**. Everyone dreams each and every night, but sometimes they don't remember anything they dreamed about. Because of this, some people believe they don't dream at all, but this is not the case. One simply has to practice remembering their dreams and eventually they could remember upwards of two or three a night, maybe even more. Even if you hardly ever remember your dreams, you can work your way to recall just like anyone else.

How to remember your dreams:

- Alcohol suppresses REM sleep, which is when dreams are formed. As little as one glass could stop recall in its tracks. **Avoid drinking** if you're trying to remember your dreams.
- Upon waking up in the morning, relax and **try not to move** around too much. Allowing your body to relax helps keep your brain in "sleep mode" for a few minutes, which helps you remember your dreams better.
- Avoid watching television or being on the computer at least an hour before bed. The bright lights can make it harder to fall asleep, mess up your internal sleeping pattern, as well as harm your ability to recall dreams.
- Taking **vitamin B6 supplements** has shown to improve recall.
- Drinking a glass of apple juice two or three hours before bed can help, while foods such as tuna, bananas, chicken, and turkey are good sources of vitamin B6 which you

- can try if you don't want to take the vitamin in pill form. Chocolate has also been reported to work, although not as effectively in some cases. Find what works for you and stick with it!
- **Tell yourself that you will remember your dreams.** Repeating "I will remember my dreams" or something similar to yourself will help prepare your mind to recall what you dreamed about that night, and serve as a type of placebo effect. The mind is powerful, and in the case of lucid dreaming, there isn't any harm in bringing it to its full potential.
 - **Have confidence** that you will remember your dreams! Belief is an important aspect of lucid dreaming, for recall as well as controlling your dreams (but we'll get to that later).

It's important to record your dreams. Keeping a dream journal is critical because physically writing or typing down your experiences in sleep allows you to flex your dream memory - as with any muscle, your memory becomes stronger with exercise. A few select people can bypass journaling and simply recall their dreams in the morning, but the majority of people need a system to help practice remembering their dreams.

Why is dream journaling so crucial to lucid dreaming? If you cannot remember your normal dreams, you may not be able to remember your lucid ones. Just because you are aware in a dream, it doesn't mean you'll be able to recall it any better; all dreams are remembered in the part of the brain that processes dream memory. Lucid ones are also processed in this way, and not in the waking memory area.

[*Transcriptor note: Feel free to do this if you want to or find it useful. Don't make a big deal about journaling, you don't have to record every single thing if you don't feel inclined to do so: A bunch of keywords with a identifying title will do. **What's important is to remember.** And as far possibilities goes, "recording your dreams" **in your mind** will eventually be more than enough.*]

Once you can remember at least one dream per night and have a nice dream journal going, you're ready to move onto the next step: learning about dream signs and reality checks.

Dream signs and reality whats?

A critically important part of lucid dreaming is, well, knowing how to confirm that you're dreaming.

Dream sign - a telltale sign that you're dreaming, which can be something present in the location of the dream, an anomaly regarding your own actions (you're more confident than normal, for example), or another obvious signal that you're not awake at the moment. A flying pig, being in an unknown location, or being on the run from a person you've never met all scream "you're dreaming!"

Reality check - a quick action on your part that allows you to confirm whether you're currently dreaming or not. If you become aware in a dream, you need something to make sure you're not awake, or you could end up losing your awareness. There are certain things that work differently in real life than in dreams, and these are deemed "reality checks".

List of reality checks:

- **Plug your nose** - this can be slightly awkward to do in real life, but it may be the most reliable RC yet. Plug your nose and try to breathe through it; in real life you'll feel pressure in your nose and chest, and obviously won't be able to breathe. Here's the catch - in a dream, you won't feel any pressure, and the air will rush into your lungs as if nothing was blocking it! Be sure you know this reality check because it rarely fails!
- **Count your fingers** - Look at your hand and see if you have the proper amount of fingers. In a dream you can have less or more fingers, as well as fingers sprouting off of other fingers... Quite a sight to behold.
- **Digital clock** - Look at the time on a digital (not analog) clock and see if the time is unrealistic, like 1:98 or 8:62. You can also look at the clock, look away, and check the time again to see if it's changed; it may even change before your eyes.
- **Reading** - Sometimes in dreams, writing can be distorted or nonsensical, and change when you look away and look back again.
- **Push your finger through your palm** - Try pushing one of your fingers through the palm of your other hand. It may take a bit of effort, but if you're dreaming it will may go through as if you were a hologram or made of jello.
- **Lights** - Turn a light switch on or off to see if the light levels change. In dreams, the switch may not do anything, or the lights in the location could be dim.
- **Location** - Where are you right now? Can you remember how you got there? In a dream you can have no memory (or false memories) of how you ended up in a certain place, or you may be somewhere you shouldn't - such as on mars.
- **Gravity** - Expect yourself to float upwards and see if you do or not. Or, simply see if you can feel gravity acting on you right now.
- **Grogginess or lethargy** - In dreams, sometimes you're groggy and do things without really thinking about it. Sometimes you can feel tired like you do when staying up late at night.

The next step? Choosing the right technique(s) for you!

Be sure you have a couple of the reality checks above memorized, most importantly the nose-plug one, and put them in your LDing toolkit. You're going to need them once you become aware in a dream.

The different techniques

LDing is all about awareness; because of this, some consider it a form of meditation since you are developing internal and external consciousness. The very definition of lucid dreaming stems from the word "lucid", which loosely means "to have a rational and conscious awareness of one's surroundings and actions". In this case, you will become aware that you are dreaming, hence the term lucid dreaming.

There is a medley of different induction techniques available, the majority of which require a certain level of awareness from the individual. Here is a list, description, and links to tutorials of the most popular lucid dreaming methods.

If you're still unsure about where to begin, check out Mancon's guide to choosing a technique.

1) DILD - "Dream Induced Lucid Dream"

As the name implies, the person becomes aware when they are in the dream. Often the dream has already commenced and lucidity is triggered randomly in the dream's duration, be it near the beginning, in the middle, or at the end. DILDs are often spontaneous and you cannot necessarily predict when your next one will be. The main way to induce a DILD is to practice waking awareness, by means of questioning if you're awake or not, analyzing your actions, and developing an awareness of what's around you.

When the person becomes conscious in the dream, they usually stop what they're doing and may ask out loud, "this could be a dream!" or "I'm dreaming!". They then perform a reality check or two.

2) WILD - "Wake Induced Lucid Dream"

The person goes directly into the dreaming state from a waking state. This involves relaxing to trick your body into falling asleep, while you consciously observe the dream formation process and its stages. You often experience hallucinations and might even experience some paralysis (not required) as the dream forms, which are typically not observed because the person is usually unconscious by the time they happen - however, the point of a WILD is to remain conscious while your mind creates a dream, so you get a front-row seat in this process. The person is aware as soon as they enter the dream. WILDs can be done on demand and there is no randomness in when you will have one, since you are purposefully inducing one yourself. They also tend to be more vivid than DILDs.

WILDs are difficult to achieve without prior sleep that night; therefore, it's best to combine it with the WBTB technique (see below) and do a WILD after 5 - 6 hours of sleep, or during the day with a nap.

- Thet term Sleep paralysis (abbreviated SP) has been misused and the real term for paralysis in REM is called REM Atonia. It is the total or near-total paralysis of one's

body during REM sleep, which is a safety mechanism to prevent the person from acting out their dreams. It can sometimes be accompanied by feelings of "rushing", vibrations along the body or in isolated areas, whispering, thumping noises, and other auditory and visual hallucinations which may be rather frightening at times. It is all produced by the mind so it is totally harmless, but it helps to read up on other peoples' experiences so you know what to expect before trying the WILD technique out. You don't need to experience any paralysis for the WILD attempt to be successful and you shouldn't view it as a stage of sleep you aim to reach, but rather see it as a cue that you're on the right track if you do get any sensations.

There are three outcomes in a WILD:

1. the dreamer may become too focused on any hallucinations they're experiencing or become overexcited, and snap out of the dream transition prematurely which negates the attempt.
2. the dreamer will be thrown into a dream scene - success!
3. the dreamer may believe they failed the attempt, but are actually in a false awakening, or a dream in which the person only believes they've woken up. If they perform a reality check and discover they're dreaming, success!

Once in the dream, or even if they think they may have failed the WILD, the person performs a reality check.

3) DEILD - "Dream Exit Induced Lucid Dream"

A DEILD is a WILD without all the preparation, relaxation, and (for the most part) the feeling of being paralyzed which may be too uncomfortable for some to experience. The person wakes up from a dream and doesn't move or open their eyes. They continue to breathe normally. As soon as you woke up you were not in sleep paralysis anymore (since you were no longer dreaming). The objective is to trick your body into think you are still asleep, so it re-initiates the sleep paralysis and therefore sends you back into a dream, consciously. The whole process, if done correctly, can take as little as ten seconds. The dreamer can speed up the process by actively visualizing a dream scene when they wake up, and imagine auditory or tactile (sense of touch) sensations.

4) MILD - "Mnemonic Induced Lucid Dream"

This technique is relatively simple and possibly the easiest technique. It causes DILDs through the power of suggestion. It relies on the person telling themselves that they will have a lucid dream and being as certain as they can about it, which acts as a placebo effect on the mind. One could even act that they "know" their next lucid will be that night.

5) WBTB - "Wake Back to Bed"

It involves the person waking up after five or six hours of sleep, staying up for a brief period of time (often 10 - 50 minutes, but sometimes more or less) and then going back to bed. One may also do some simple logic puzzles or math problems. It is thought that waking up at night also wakes up the logic center of the brain, which may make it easier to induce a lucid dream (this makes it a precursor to the DILD technique, as using WBTB causes a lucid dream in the same manner as DILD). It is an effective way of inducing LDs but can prove difficult for people who can't lose sleep, such as those who have to get up early for work or school.

Lucid dreamers often combine the WILD technique with this method, since it's difficult to achieve a WILD without waking up in the middle of the night (or during a nap).

6) CAT - "Cycle Adjustment Technique"

This induction method relies on your internal sleep cycle and "REM rebound" to produce lucidity. The dreamer uses an alarm clock to wake up 90 minutes earlier than they normally do for at least a week, so their body becomes used to being aware and awake during this period of time. After this, the person does not set their alarm clock and continues to sleep. At this time, they have a good chance at becoming lucid because the mind was expected to wake up, but the person is still asleep and in a dream. The mind waking up while in a dream = lucidity. This method is essentially the precursor (or supplement) to a DILD.

More techniques to consider

The following are techniques that are unique (but successful) variations of the above methods! They are created by users of the Dreamviews forum who have experience in lucid dreaming.

- FILD - Finger Induced Lucid Dream (variation of WILD)
- CANWILD - Custom Alarm Induced WILD (variation of WILD)

I got my technique down. Now what?

Your first lucid dream... Congratulations!

When someone has their first LD, they may become excited by the sheer feeling of freedom that comes with the knowledge that they can now do anything they want. If this is the case, relax and breathe deeply. Say out loud that you're dreaming, and pay attention to your surroundings.

Stabilization

When you become lucid, you want to spend more than just a few minutes in the dream, so it's important to extend the dreamtime as much as possible. Grounding one's self in the dream is referred to as "stabilization". You can easily accomplish this by doing the following...

- **Touch things** - the walls of buildings, objects, and anything else that happens to be nearby. Doing so will make your brain work to imagine what the object(s) will feel like, therefore taking your attention away from your physical body and drawing it towards your dream body.
- **Rub your hands together** - this works the same way as touching objects.
- **Dream spin** - slowly spin in a circle, looking around you and taking in all the details of the dream location. This too helps keep your mind engaged in active dream formation by filling in previously-empty "patches" in your location.
- **Say that you're dreaming** - simply shouting out "I'm dreaming!" or repeating it to yourself will help stabilize the dream, but it's best to pair this method up with one of the above ones.
- **Don't think of your physical body!** this is a big no-no, because you can end up focusing too much on yourself sleeping in bed and kick yourself out of the dream. If you find yourself going this route, quick touch an object and tell yourself that you're dreaming. Distract yourself until the thoughts go away.

Dream Control

Possibly the most exciting (and sometimes intimidating) aspect of lucid dreaming is the ability to alter the dream itself. Since you are aware within a dream that you know isn't real, and is only the product of your mind, you can take control of the dream itself. Dream control is relatively simple, and rests on one thing - expectations. Believing strongly and as fully as you can that something will happen or work a certain way is the best technique for dream control, although there are two distinct types.

1. Active Control

This type of control involves the dreamer commanding a certain action to the dream, such as "increase lighting conditions!" or "my friends will be around the corner". The more confident and assertive the dreamer is in commanding something, the easier it will be to control the dream. Using this method makes it easier to maintain lucidity, because what you say helps to maintain a sense of control in the dream.

2. Passive Control

This type of control involves the dreamer putting on the persona of an actor and simply "knowing" something will occur. They passively observe changes in the dream without commanding anything, and act as if they're in a movie they've seen a dozen times over. For instance, the person may "know" that someone will walk around the corner, or

"know" that the moon will collide with the earth. This can be easier to do than active control, but you also may lose lucidity quicker unless you can keep reminding yourself that you're dreaming every few minutes.

Both types of control rest on belief. To a certain extent, they also rely on visualization. If you expect someone to turn around the corner and walk towards you, don't just blindly command them to and let the dream do the rest. If you don't visualize what they look like, which becomes easy with practice, the dream will fill in the missing details and the person may look "off", or something about them may not look right. This goes the same for changing locations and other dream control activities.

List of common dream control activities and examples of ways to do them:

- **Teleportation** - going to a new location in the dream. One can walk through a mirror and fully expect a location of their choice to be on the other side, while visualizing it at the same time. Another method is simply opening a door if you're inside a building and knowing that location will be on the other side. Again, visualization is important here. A final technique commonly used is dream spinning (it's not just for stabilization) - spinning faster in a circle while visualizing a change in your location can work, but don't lose focus on what's around you, or you could wake up.
- **Summoning dream characters (DCs)** - a lucid dreamer will most likely want to try making a person of their choice appear in a dream, whether it be a crowd of people or a single person. You can always search for the dream character in a place you think they might be, but this can waste precious dream time. Instead, simply turn around and either fully expect them to be there, or even say out loud, "[name] will be here when I turn around". Visualize them as you do this. Or, walk around and use the same method to make them appear around the corner. You can also pretend that you are meeting someone at that very moment, and that they're never late for meetings (this way, they will be sure to appear as soon as you decide to summon them).
- **Flying** - another entertaining and commonly-used dream control activity. Saying "I will be able to fly" in the dream, or fully knowing you have the power to fly is key in achieving liftoff. Different ways of getting off the ground include taking a running start and jumping with no fear that you'll fall back down (there is no spoon), flapping your arms as if they were wings, summoning a jetpack or other device to assist with flight, or drinking a magical potion that will grant you the ability. There are many other ways but that is just a few. Feel the acceleration as you pick up speed in your flight, and don't pay attention to the fact that what you're doing just isn't possible. You're not awake, so it shouldn't matter! Another technique for flying is knowing that you've always had the power to do so, and that it comes naturally to you. You can also use this for other special powers such as pyrokinesis, breathing underwater, etc.
- **Shapeshifting** - Changing form into that of an animal, other person, or other creature is an intriguing but sometimes complicated process. There is the active approach, where you can see yourself changing shape (this relies heavily on expectation and visualization), and there is the passive approach. The passive approach simply involves the dreamer already knowing they've shapeshifted into something else, or knowing that they've always been in that certain form.
- **Other special abilities** - There is no limit to what someone can do once they're in a lucid dream. Pyrokinesis (controlling fire) and the control of other elements, telekinesis (controlling objects with one's mind), super strength, invincibility, and invulnerability are all possible, but those are just a few things in a vast array of different skills you can use in an LD. Your mind will make it happen if you believe in it! And don't forget to visualize that wave of fire exploding from your hand, that bullet ricocheting off your body, or that car being lifted off the ground!

On the Dreamviews (DV) Forum

Right when you join the Dreamviews forum, you'll be able to ask any questions and receive knowledgeable answers from other lucid dreamers. The forum is very active so you should get a response relatively quickly, if not immediately.

A big part of the forum is its list of acronyms, or abbreviations. Since we're a bunch of lazy typers, we've shortened some words and terms to make reading and posting go along smoother.

List of commonly used acronyms:

- LD** - lucid dream
- DV** - Dreamviews
- CAT** - cycle adjustment technique
- DC** - dream character, a person present in your dreams
- DJ** - dream journal
- DEILD** - dream exit induced lucid dream
- DILD** - dream induced lucid dream
- FA** - false awakening, when the person dreams that they've woken up and are back in their bed, but are actually still asleep
- HI** - hypnagogic imagery, hallucinations present during sleep paralysis
- MILD** - mnemonic induced lucid dream
- PM** - private message, a message you send to someone on the DV forum
- RC** - reality check, an action that confirms whether you're dreaming
- REM** - "Rapid Eye Movement", the period of sleep where dreams are formed, and often involves the quick movements of one's eyes (hence the name). Sometimes this occurs during sleep paralysis.
- SP** - sleep paralysis
- WBTB** - wake back to bed
- WILD** - wake induced lucid dream

Acronym List

Glossary: This is a list of the most frequently used dreaming related vocabulary compiled for the aid of the people browsing the Dream Views Forum.

AP - Astral projection

The act of separating the astral body (spirit or consciousness) from the physical body and its journey into the universe. Astral Projection is the intentional act of having the spirit leave the body, whereas an out-of-body experience happens involuntarily (such as while dreaming, or in a near-death experience).

DC - Dream Character.

A dream character is commonly used to describe the people in your dreams. What a dream character represents can be rather opaque. Many believe it is just a manifestation of your subconscious, playing out a role in your dream and nothing else. Others believe that a dream character is a manifestation of yourself. Not necessarily having to be a person either. But all being some form of ones self. Another case is the character as being of someone or thing that has it's own separate identity. Whether it be in form of a past life a dream sharing partner or an alien - meaning one of which we were not acquainted with. All in all, you yourself will have to decide what you feel a (DC) is to YOU. The possibilities are not confined to an acronym list.

DJ - Dream Journal

A dream journal can be any medium where you write down dreams you remember - whether it be a computer, an old exercise book or little post it notes. They are usually used to improve your dream recall.

DS - Dream Sharing.

Dream Sharing can be thought of from many angles. It is the act of sharing a dream or a dream experience with another individual or DC. Since some studies may have suggested such an event they have all been rather inconclusive to this point. There are also many variables to how people feel that they can achieve this experience. Whether it is premeditated or by chance and when and where it happens.

DEILD (Dream Exit Induced Lucid Dream)

DILD (Dream Initiated Lucid Dream)

A DILD is where you are having a normal dream, induced simply by sleeping, and then come to the realization that you are in a dream, and thus becoming Lucid.

EEG (electroencephalographic machine)

Records & measures brain waves of the neocortex

EWLD - Exploring The World of Lucid Dreaming

EWLD is a book about Lucid Dreaming wrote by Stephen LaBerge, a psycho physiologist and leader in lucid dream research. EWLD is commonly used in place of its real name.

FA - False awakening.

A false awakening is just that. An experience where you may believe that you are awake but you realize that you are in another form of consciousness. Most widely excepted is waking from a dream. You wake up IN your dream and an occurrence in the dream tells you that you are in fact still in a dream state -hence, False awakening. Some feel this state can be reached trough other realms of consciousness as well, for example: an Out OF Body Experiences, Astral projection and or meditation. Some may have had other altered states of consciousness as well. But for all intent purposes it is generally what it says it is. An awakening that is not real.

HH - Hypnagogic or Hypnopompic Hallucinations

This is closely related to Sleep Paralysis. When a person wakes up with Sleep Paralysis, it is sometimes accompanied by Hypnopompic Hallucinations. An example hallucination would be sensing an "presence" in the room. It is not an uncommon thing, with 30 to 40 percent of all people experiencing it in their lives.

HI & HS - Hypnagogic imagery and hypnagogic sounds.

These are images or sounds that come as impulses during the onset of a hallucinogenic state. Usually before or after sleep. Sometimes through meditation. These images & sounds are random and can sometimes lead to HIT. The Hypnagogic Imagery Technique. *Look below.

HIT Hypnagogic Imagery Technique

LD Lucid Dreaming/Lucid Dream

A Lucid Dream is a dream where you are aware that you are dreaming.

MILD - Mnemonic Induced Lucid Dream

A MILD is a Lucid Dream induced with the aid of your memory.

OBE - Out of body experience

An OBE is the subjective perception that one is no longer in their body. A separation usually considered an involuntarily act. Opinions on what it is caused by and where you are and the states of consciousness about it, are greatly subjective.

Oneironauts Explorers of the dream world.

The word oneironaut was coined by Stephen LaBerge, and first used in his book, Exploring the world of Lucid Dreaming.

PHS - Post hypnotic suggestion

This is when a suggestion is given whilst in the hypnotic state that can be used when not in hypnosis. You cannot make somebody do something they don't want to with PHS (e.g: kill somebody).

RC - Reality Check

A reality check is a test used to see if you are dreaming or in "reality", as we know it. An example test would be to pinch your nose and see if you can still breathe through it.

REM - Rapid eye movement

REM is phase during sleep where (usually) the most vivid dreams occur. During this stage, the eyes move rapidly (hence the name "Rapid Eye Movement").

SD - Sleep deprivation

A general lack of the necessary amount of sleep. A person can be deprived of sleep by their own body and mind, as a consequence of some sleep disorders, or deliberately. Some examples you may find discussed regarding sleep deprivation

- REM rebound - (When you are sleep deprived you lose out on two types of sleep, REM and NREM (non-REM). Typically when you have a chance to fall asleep after sleep deprivation you have a tendency to get more REM sleep than you would normally get. This is your body's way of trying to catch up on its REM sleep.)

- Sleep deprivation therapy for depression
- Symptoms [https://en.wikipedia.org/wiki/Sleep_deprivation]
- A method of interigation

SP - Sleep paralysis

Sleep paralysis consists of a period of inability to perform voluntary movements either at sleep onset (called hypnagogic or predominately form) or upon awakening (called hypnopompic or postdromal form). Sleep paralysis may also be referred to as isolated sleep paralysis, familial sleep paralysis, hypnagogic or hypnopompic paralysis, periodontal or postdormital paralysis

- A complaint of inability to move the trunk or limbs at sleep onset or upon awakening
- Presence of brief episodes of partial or complete skeletal muscle paralysis
- Episodes can be associated with hypnagogic hallucinations or dream-like meditation (act or use of the brain)

Traumdeutung - The interpretation of dreams

Many people believe dreams hold messages; and they attempt to interpret dreams to find out what the message might be (a dream about an dove you are trying to catch, for instance, could mean you want peace but can't get it).

WILD - Wake Initiated Lucid Dream

A WILD is lucid dream initiated from wakefulness, using a combination of methods to enter a dream state, already lucid.

Find out What Technique is Right for You!



Don't know which technique to choose? Can't decide? Hopefully this thread will help!

First of all, if you don't know what all the main techniques for lucid dreaming are click [here](#). It will describe all the main techniques. When you look these over ask yourself: does any technique stand out? You should choose a technique that appeals to you the most and works best with your lifestyle.

DILD - If you don't feel like waking up in the middle of the night for lucid dreaming this might be a good technique for you. This technique involves doing reality checks/being aware throughout the day so that the checks/awareness carry down into your dreams and make you lucid!

Are you good at reminding yourself to do certain things during the day? Are you generally aware of things around you and you wouldn't be bothered by doing reality checks (like pinching your nose) in public. If you said yes to all of the above, DILD would be a good technique for you. Do you have a common object/person/theme that always appears in your dream? This is called a dream sign. People that have a lot of dream signs or one specific dream sign would also like DILDing.

WILD - If you are the kind of person that randomly wakes up in the middle of the night/doesn't mind getting up in the middle of the night you might like WILDing. WILDing is good for people who can easily be relaxed, can stay still, and are patient. V-WILD is another variation of WILDing. If you are good at visualization and can imagine things easily, check out my VILD guide below!

WILDing is best with a WBTB, but can also be attempted while napping. So if you are a person that naps during the day...WILD!

MILD - MILDing is good for people with a busy lifestyle. It only requires a few minutes before going to sleep. If you are confident, good at autosuggestion, and can remember your dreams well - MILD!

Things You Should be Aware of:

- Don't expect a technique you choose to start working right away. It can take a few months or even a year to have your first lucid dream. It really just depends on the person. DO NOT give up after just a couple weeks of trying a technique. You have to stick with it!
- There is no technique that is "the best". Different techniques work better for different people. It all just depends on you.
- A lot of newbies tend to choose to WILD when they first start out. This is fine, but when you WILD you need patience. It doesn't work right away and you need to keep practicing to get better at it. WILDing is often recommended for people who are more experienced.

DILD - Dream Induced Lucid Dream

DILD: Basic Tutorial for Beginners

What

DILD is one of the two main induction methods that you can use to get a Lucid Dream. The main difference between DILD and another main induction method called WILD:

- DILD - you go to sleep normally. Then when in a dream, you realize you are dreaming.
- WILD - you let your body fall asleep while you keep your mind aware, until dream is ready and you enter it without losing consciousness.

How

As I mentioned above, you have a DILD, when having a regular dream and you suddenly realize that you are dreaming. In order to realize that, we have to teach our minds to ask a question "Am I dreaming?" when in a dream. This is done by asking the same question during day. While doing this, believe that you are in a dream.

- During the day, no matter what you are doing, stop and ask yourself "Am I dreaming"?
- Look around. Examine your surroundings. Does everything look the way it should?
- Ask yourself how you got there. What have you been doing 5 minutes ago? And before that?
 - Now it's time to do a Reality Check (RC), and a mantra (simple phrase that you repeat).
 - There are many different RCs and mantras that you can chose from, or you can make your own.
 - For this example I will use the classic "looking at hands" RC with mantra.
- Bring your hands up to chest level and look at your palms.
- Examine them. Do they look as they normally do? Count your fingers. Don't presume how many you have.
- Say "Next time I'm dreaming, I look at my hands and realize I'm dreaming."
- Put your hands down, bring them back up and repeat RC with mantra a few times.
 - It doesn't really matter how many times you do it. What matters is that you believe that you could be in a dream, you just don't know it yet. Don't, at any point, think to yourself "No, I'm not dreaming."
- Repeat above steps when you are sitting on your bed ready to go to sleep.
- As you are falling asleep, repeat your mantra only.

It would be best if this mantra is the last thought you have just before you fall asleep. If it keeps you awake, start falling asleep normally and say your mantra when you are close to falling asleep. Or say it a few times, then just go to sleep normally. Pretty soon this behavior starts happening in your regular dreams and you will gain awareness and become lucid. How soon, that's different for everybody. It could be tonight, or in a few weeks or in a month. It really helps if you are excited about the prospect of having the greatest adventure you can imagine, and if you know that you will, without any doubt.

Additional RCs you can add to/replace the "looking at hands" RC. It's good to do at least 2-3 different RCs at the time. Pick your favorites or make up your own.

1. Looking at hands + Counting fingers
 2. Nose plug
 3. Thumb/palm
 4. Gravity
 5. Try to change something
 6. Switches
 7. Reading
-
8. In Waking Life (IWL) Look at your **hands**, palms up and notice details. Count your fingers. In dream, look at your hands. Do they look normal (color, shape, size, can you make your finger longer?) Count your fingers. Do you have the right amount? This is a good RC, because your hands are always there, IWL and in a dream and you can practice this discretely.

[Note: Waking Life: Waking life is a movie that was made in 2001. It was directed by Richard Linklater and is a digitally-enhanced, live action rotoscope film. The film focuses on a lot of abstract ideas and different philosophies. There is a lot of mention of lucid dreaming, and a lot of people have been introduced to lucid dreaming through this movie. Other ideas that it covers are free will, reality, existentialism, posthumanity and a vast array of other thought-provoking philosophies.]

2. IWL - pinch your **nose** shut with your hand and try to breathe. If you can breathe, you are in a dream. Also a good RC, because your nose is always there, little less discrete to practice.
3. IWL - Try to gently push your **thumb** through a palm of your other hand. Pay attention to the sensation. Anticipate, that it will go through. In dream, do the same. If it goes through, you are dreaming. Good RC also because you don't have to go and look for them and quite discrete to practice.
4. IWL - Say, "If this was a dream, I could **levitate**" and expect to float up. Do the same in a dream. Good RC, you can do it anywhere and totally discrete.
5. IWL - look at something and say "if this was a dream, that [something] would be [something else]. You can think of an item being some other item, or try to change color, size, movement... It's fun and it transfers into your dream very well. Don't forget to use emotions when doing it - be sure you are in a dream, so the thing will change.
6. Try to turn on a light **switch**. In a dream, flipping a switch usually won't do anything. But people do report that they can turn on lights in a dream. And if there is no light switch near in a dream, you would have to look for one and waste your time.
7. Try to **read**. In a dream, you can read, but when you take a second look, it will say something different, or gibberish. Also time on a clock may have letters instead of numbers. But it can also look correct. And you have to find a clock in a dream before you can do RC.

What you just read is a basic practice, that is perfectly capable to give you a LD tonight. You can of course read more and expand on your knowledge and apply your own ideas, so it works for you the best it can.

All Day Awareness, A DILD Tutorial by KingYoshi

KingYoshi's DILD Tutorial

So, I already have a WILD tutorial, but now it seems I am getting a lot of questions about my DILD method, all day awareness, and proper RC technique. I've decided to just go ahead and break down my entire approach to DILD. So, sit back, fire one up, and learn to DILD...the Yoshi way!

General Keys to Success

With any induction method/technique there are three keys to long-term success.

1. **Effort** - Aside from the handful of natural lucid dreamers out there, the rest of us have to put forth the effort and work toward lucidity. Without that drive, you aren't going to have the kind of results you are looking for.
2. **Confidence** - This one is as simple as the first. You need to be confident in your abilities. I don't care if you just joined yesterday and literally have no clue what you are doing. EVERYONE can lucid dream regularly.
3. **Experience** - You don't even have to do anything special for this one. Every single thing you do while practicing lucid dreaming, works toward experience. Just keep

practicing and gain experience from every success as well as every failure.

All Day Awareness

So, what exactly is a DILD? DILD stands for Dream Induced Lucid Dream. It is a lucid dreaming induction technique where the dreamer becomes **aware** that he/she is dreaming, from within the dream itself. DILD success is all about **awareness**. I practice a technique known as All Day Awareness (ADA). I first heard/learned of the basic concept for ADA from another Dream Views member here on the site...Naiya. For those of you who don't know Naiya, she has practiced lucid dreaming for many years and has a Lucid Count is well over 1,000. In a nutshell, All Day Awareness (ADA), is noticing and paying attention to the subtle things in life that most people ignore or take for granted.

Lets take for instance, you are walking your dog down the street. **Be aware** of everything around you. Hear your footsteps against the pavement, feel the cushion in the sole of your shoes contract with each step. Feel the muscles working in your legs as you stroll along, see your eyelids blinking, hear the sound of your breathing, feel your lungs expanding and your chest moving as you breath in and out. Smell the air as you travel through the neighborhood. Does it change? Does every breeze smell the exact same? Feel your tongue as it casually rests on the bottom of your mouth. Every structure around you has a shadow...do you notice them? Hear the pitter patter of the dogs feet, do you hear him panting? Most people hold the leash and walk down the sidewalk completely lost in their thoughts. Most don't even notice the control they are using to power their own legs.

You are sitting at the computer doing math homework. Feel the keys below your fingertips, notice how effortlessly your fingers fly from one key to the next without even having to think about the upcoming letter/keystroke. While you were reading the previous two sentences, did you take for granted the blinking process. What all sounds have you heard while you have been reading this tutorial? What does the air smell like? You shouldn't have to smell right now to answer the question. Have you noticed the shadows of everything around you? How about your lungs? Have you noticed them expanding and your chest moving. Have you noticed the air traveling up through your windpipe, across your tongue and passed your lips?

These are just a few of the millions of small details that the average person takes for granted or doesn't even bother to notice. It is almost like everyone is sleep walking while they are awake. If you don't have good **awareness** in waking life, how do you expect to have good **awareness** in your dreams? In about 90% of my Dream Induced Lucid Dreams, I have known I was dreaming or suspected I was dreaming before ever performing a RC (reality check). The RC is used mostly to confirm that I am dreaming. That lowly 10% is from obtaining lucidity due to a particular dream sign or performing a random RC while thinking I was actually awake. (these percentages are estimates and I likely was too generous with the 10%).

At first, you will have to force yourself to be completely **aware** of your surroundings. The idea, is to try and **become aware** of absolutely EVERYTHING around you. After practicing ADA for a while, you will start to become aware of theses subtleties without forcing yourself. As you practice more and more, you will notice the subtleties being noticed quite naturally with little effort. Eventually, you will get to where you are no longer practicing All Day Awareness, you are actually living it. It will become natural for you. Once you have reached this level of **awareness**, the dream itself becomes your dream sign. Every thing you notice within the dream will become you RC. Every dream you have will be a lucid and you have reached the pinnacle of lucid dreaming.

Not only does **awareness** help strive toward lucidity, but it also helps with recall. As you continue to practice ADA, it will start to carry over in your dreams. Even if you aren't getting lucid yet, you will start paying more attention to the dream environment. Making mental notes of what you see, hear, feel, taste, and smell. This will help make dreams much easier to recall upon waking up from sleep. It will also help you recall more details from your dream. Soon you will be having detailed journal entries that read almost like a story as opposed to a scattered series of events that jump around from place to place.

Getting Started

Thanks everyone for the valuable feedback. I forgot just how overwhelming ADA can be when you first start practicing. I then realized, I had left out a key point in the tutorial. There are so many things to notice that it can get in the way of your daily activities, possibly causing stress. Stress is not good at all for lucid dreaming. I recommend that all beginners start small and work your way up.

Pick out certain times throughout the day, when you aren't busy, and work on ADA. Take 5 or 10 minutes to notice everything you can. Do this several times during your day. Some days you may be able to practice a lot, and others you may not get as much practice in. Go ahead and perform some RCs during these ADA sessions as well. Once you get more used to the process and it starts getting easier, you can become more frequent with your sessions. It is very hard to keep up the awareness all day long when you aren't used to it. Even now, I am not able to keep it going at all times. I'll get lost in thought, or something else I am doing and realize I was "day walking" again . Performing ADA in sessions will still help loads with your awareness and you can work your way up at your own discretion. Be sure not to overwork yourself. If you start feeling mentally exhausted, take a day off from training. Everyone needs their rest.

When I first started practicing ADA, I did it in sessions like I described above. I worked my way up until it started becoming natural. Even now, I still take sessions to make sure I really notice absolutely everything. Something else I should add...don't forget about the clothes you are wearing. Feel and notice them at all times.

Dream Signs and Reality Checking

Now, picking out dream signs and performing RCs still play a key role in the DILD process. Humor me for a moment.

A live flamingo hat is definitely a dream sign. Even though it has showed up multiple times in your dreams, it isn't even going to be in the majority of your dreams...let alone all of your dreams. If you rely solely on a dream sign for lucidity, you are only going to be able to take advantage of the dreams it shows up in. If you happen to miss it, you never know when it will return. However, if you have pointed the hat out as a dream sign, you have identified a recurring element in your dream. This familiarization with the dream world has added an extra boost to your **awareness**. Not to mention, when it does show up again, you will have a chance at recognizing it. The better your **awareness**, the more likely you will be able to recognize dream signs within the dream.

I mentioned earlier that RCs are used more for confirming that you are lucid, as opposed to actually creating lucidity for you. The key function of a RC (reality check) is actually increasing **awareness**. Whenever you perform a RC during waking life, don't just go through the motions. Prior to performing your RC, take a moment to become **aware** of your surroundings. Even if you know that you are awake, pretend that everything around you is actually a dream. Finally, perform your RC and see if you are actually dreaming. A quality RC is a RC in which you question your reality.

From above, "pretend everything around you is actually a dream." Whether you truly believe this questioning of reality or not, is irrelevant. The fact that you ARE questioning it, is good enough. The idea is, if you are able to question your reality during waking life, you will do the same in your dreams. Like I said earlier, 90% of the time awareness makes you lucid, not the RC itself. Practicing quality RCs like these, will boost that **awareness** level greatly.

Dream Journal & Recall Enhancement

Last, but certainly not least, is dream journaling. It is key that you write down every dream that you possibly can. Once you wake from sleep, try not to move much. Just lay there and recall/recap your dream in your mind. Once you have went through the dream, immediately write it down. Keep a notebook and pencil/pen at your bedside. Keeping a dream journal will also help build up your dream recall. If you wake from sleep and only remember bits and pieces, write down those bits and pieces. If you wake up and don't remember anything at all, write down, "Couldn't remember any dreams." Its important that you do this. It will help train your mind to literally WANT to write down something. This will help toward recall as well.

If you want to immediately enhance your recall, you can set alarms throughout the night. The idea is that you wake up either between REM cycles or toward the end of an REM cycle and write down your dream then. Since you are waking up right after they happen, they won't be forgotten as the night progresses (even if they are...you wrote them down). The REM cycle generally takes a few hours to get started. Once it does get started, REM will cycle through every 90 minutes or so (on average). I started out by setting my initial alarm for after 4 hours of sleep. The next alarm is for two hours later (after 6 hours of sleep). Then i set alarms in 1 hour increments until I wake up for good.

Technique Results

Ever since I first learned of All Day Awareness, I have been practicing it. Twice I took relatively long breaks from DreamViews and simply didn't train for lucid dreaming, but the rest of the time I have been practicing ADA. I have 107 DILDs recorded on the site, but counting the DILDs I had during my time away from DreamViews I am at 150+ DILDs. Like I mentioned before, only a handful of them were because of a random RC. The rest were simply due to my awareness. I am hovering around the 22 lucid dreams per month mark, but I am certain that if I had stayed in ADA practice my entire time, I would be averaging a lucid dream per night by now. I truly believe that with enough practice, ADA is a legit technique for accomplishing lucidity in every dream.

MindGames

Also I have something to contribute to your tutorial. I think that if you were to be constantly aware of your environment in the context of whether or not aspects are dreamlike, it would be more effective in producing nightly lucid dreams. This would train your mind to focus primarily on dream-related aspects in your environment, thus increasing the effectiveness of your awareness. This would allow you to effectively be constantly performing a reality check, in the sense that your mind is constantly questioning if your environment is a dream, rather than just primarily paying attention to your environment. Awareness is key to all DILDs, but how you use it is also important.

Naiya's DILD & WILD Secrets

Lucid Dreaming Overview

This is my LD tutorial. It will cover both DILD and WILDs. Since everyone is at a different knowledge and skill level, I'm going to begin with the basics and get deeper into the more technical stuff as I go along. So if you're already fairly knowledgeable, you're welcome to skip right to the good stuff. The ideas expressed here are based both on my research and heavily on my own experiences. Although I welcome other ideas, I personally think it's pretty silly to argue since every person's mind is unique and what works in one person's dream may not work in another person's.

For lucid dreaming, the two main things you need to succeed are **CONSISTENCY** and **PRACTICE**.

For dream control, you need good visualization skills, you need to UNLEARN the rules of the real world by understanding that ALL types of reality are subjective and can be changed by your thinking, most of all the dreamworld. Having faith in yourself is important--you MUST be able to imagine and EXPECT success. And of course, you've got to PRACTICE dream control too!

Dreaming 101

An Oneironaut is someone who explores the dream world via lucid dreaming, also known as conscious dreaming. A lucid dream is a dream in which you are aware you are dreaming while you're still dreaming. There are many theories about what our dreams mean, where they come from, and why we have them. Freud and Jung believed that our dreams were messages from the unconscious mind, a theory which is still popular today. Jung also coined a few important terms in dreams which you may want to remember. An archetype is a dream person which represents a being that everyone in the world understands and relates to. There is a Mother Archetype, a Hero archetype, a Mentor archetype and so on. In your dreams, you may often meet a certain member of the opposite sex. If you are a man, this entity is referred to as your Anima; if you are a woman, your Animus. Your Anima/Animus is often the representation of your masculine or feminine self. Many Oneironauts insist that integrating with your Anima/Animus will result in a feeling of wholeness and completion.

As an Oneironaut you may experience what is known as sleep paralysis. This is a state where a person feels a pressure or force holding them down during sleep. It usually occurs during the sleep-wake transitions, and the person usually knows where they are. Basically, our mind wakes up before our body does. It can be a very frightening experience for one who doesn't know what's going on. If this happens to you, a good way to get out of it is to focus on shaking your head. This is sometimes refered to as "the old hag."

Sleep paralysis can often lead to an Out-of-Body Experience or OBE. This happens when the dreamer feels detached from their body during the dream. Sometimes they can even look back and see their own body. It occurs most often during surgery and sometimes leads to a near-death experience, but it also happens during normal sleep. Once you are able to have a lucid dream, you may start experimenting with dream control. This is fairly self-explanatory, although many aspects are left out. Most Oneironauts picture dream control as flying like superman or battling with spells, but dream control can also include more subtle things. Here are some types of dream control:

- Steering: Most dreams involve some kind of plot, however strange. When the dreamer wants the plot to go a certain way, they can sort of will it in that direction. The point is that no action (think things you can do in real life to change things) is needed to change the dream plot. This usually involves doing that Jedi thing where people do what you want them to. You can also control events that you wouldn't be able to awake.
- Environmental: Probably everyone's favorite. This involves stuff like flying, teleporting, going through walls, transforming objects and/or making objects appear.
- Total/Superlucid: This is the the most rare. It's when the dreamer is able to control the dream plot, chracters and environment. I'd like to point out that complete control over every detail may not be possible. Think of trying to mentally reconstruct every detail of each room/field of vision every time you turn around. It's extremely hard to keep the environment stable.

Note that it's completely possible to have both steering and environmental control at the same time. However, I wouldn't count this as total control, since the dreamer is usually only changing SOME, not ALL, factors in the dream. Lucidity does not equal control. Not all dreams are made equal! Some dreams will be easier to control than others. If you are having trouble with controlling a certain dream, ask yourself if this dream is trying to give you a message that you should be paying attention to. That being said, your biggest block for control is almost always your own uncertainty. Like Morpheus told Neo, free your mind and let go of your fear. If you believe that gravity exists in your dreams, then it will hold you down. Have faith in yourself and you'll be able to do almost anything you can imagine.

Improving Dream Recall and Understanding

A lot of people don't remember their dreams all the time. I have a few pointers for remembering, recording and understanding dreams. If anyone has any suggestions, let me know and I'll update the list. Good dream recall is the first step to lucid dreaming! This is the foundation. If you remember less than one or two dreams, try some of these methods to help your recall.

Tips For Remembering

If you can remember absolutely nothing at all when you wake up, take a few minutes to stay in bed and try to remember.

- A good way to do this is to slowly think of people, places, and things that are familiar to you. Go through each thing at a time. Was my mother in my dream...? Was my dream about work...? You'd be surprised at how often this works. Just today, I remembered a whole dream because I saw pigs on a TV show. There was an adorable piglet in my dream, and remembering that one little thing brought a flood of information. Sometimes all you need is that one "key" to remember your dream.
- Many people can remember at least the last moment of their dream, but nothing else. This best way to remember the rest of the dream is to simply go backwards, just like you would in remembering something in your childhood. Take your time in doing this. Ask yourself, "What happened right before then?" "How did I get to the train station?" Just keep slowly backtracking. Sometimes you may even be able to remember dreams that you had earlier in the night this way.
- When you wake up in the morning, try to get out of the habit of immediately remembering what you have to do that day. Basically, your dream memories will fade instantly if you replace them with something else in your short-term memory.
- The best thing do to is to wake up with an empty mind and allow yourself to stay in bed, relaxed and without thought, for a few minutes before getting up. -Above all, don't give up! Good habits take time to form. It may be months before you start to remember your dreams consistently. You just have to stick with it.

Tips For Recording

- To get started, keep a small journal next to your bed so you can write down your dreams when you remember them. I like to use the little spiral journals because I can stick my pencil on the side instead of fumbling around for it on the night-stand.
- Keep the journal close to you so you don't have to get out of bed. For some reason the dream memories just fall right out of your head once you've gotten out of bed or moved around a lot. So try to keep still.
- If you wake up before morning, write down what you remember before you go back to sleep (or before you go to the bathroom). -It's always useful to write down the times you go sleep and get up (especially those of us in college, whose sleep schedules are erratic). If you remember more than one dream in the night, you can make note of which dream occurred at which time. This may be useful for those of us who sometimes have prophetic dreams or mutual dreams.
- Once you have a dream journal started, you may notice that some dreams have a lot to do with what you did the day before. To help you understand your dreams, you may want to also make notes of what you did during the day (movies you saw, things on your mind, problems at work or people you were with).

This helps a lot when you get a little more advanced, because you'll start finding things in your dreams that connect with your waking life. For example, you dream of an old friend who calls you out of the blue, and a couple of days later you run into them. Now you have personal proof that your dream premonition came true! Pretty cool, huh?

Tips For Understanding

- The most important thing to remember is that the meaning of a dream is subjective. While other people and books can give some good insight, the best person to interpret your dream is you.
- That said, you can gain some understanding by asking for an interpretation by one of our fellow members. We may be able to pick up on something that you hadn't thought of. Also, some dreams are very common and have generally accepted meanings to them.
- Dream dictionaries can be helpful, but be wary of the simplistic meanings. For example, to Person A, a snake in her dream may mean an enemy, liar, or traitor. But for Person B, the snake might mean reincarnation, connections with the earth. or medicine (like the snakes on the EMT uniform). It all comes down to where the dreamer is coming from. The dream dictionaries can give some insight, but as always, believe what feels right to you.
- This one helps the most if you use it along with your journal. When remembering your dream, think about how you were feeling at the time. Feelings and emotions can give us the most telling clues about what our dreams mean.

Lucid Dreaming Disclaimers, Dream Control and Nightmares

A lot of this is based on personal experience, but as always, **in matters of the mind (and soul) things are different for everyone.** If you are thinking about learning to induce lucid dreams and dream control, you may want to read this first. There's a lot of misunderstanding about lucid dreams and dream control. Even some of the experts get it wrong. Part of this is because so little research is done in the first place. Not only that, but there are a lot of frauds out there.

Lucidity

A lucid dream is simply a dream where you know you're dreaming while you're still in it. For most people, it's triggered by something. For example, you may see a pot morph into a chair, or floating objects. Your logical self realizes that these things are not possible unless you are dreaming, and that's when the dream becomes lucid. There are different levels of a lucid dream. Sometimes you are completely aware that you're dreaming, and other times it's just a vague feeling you have. Complete lucidity all night every night is very rare. The highest kind of lucidity is when even the other people in the dream know that it's your dream. Which leads me to the next point. Lucid dreams are much more common in the early/late morning. Usually, the first part of the night is that total blank state, with a few fleeting images, sounds and sensations. Since dreams get longer as the night goes on, there's a bigger chance to increase awareness. Basically, while you dream, you feel emotions and experience things much more intensely. In a lucid dream, you tend to feel things even more intensely than in a regular dream. I have found no information that explains why that is. Lucid dreams and dream control are closely related, but they're definitely not the same thing. You can be lucid and not control the dream, and you can control a dream and only be dimly aware that you're dreaming at all.

Dream Control

Which brings us to dream control. Like a lucid dream, there are different levels of control. Most of the time, you need to know that you're dreaming on some level for this to work. I have found that there are at least three kinds of control, which I've already explained in the first post.

- Steering
- Environmental
- Total

It's completely possible to have both steering and environmental control at the same time. However, I wouldn't count this as total control, since the dreamer is usually only changing SOME, not ALL, factors in the dream. Again, lucidity does NOT equal control on any level. Some dreams are easier to control than others. That means that you will still have dreams which you cannot control. Some dreams will drag you through and no amount of lucidity or attempt at control can stop it. If this happens to you, think carefully about the dream. There's one thing you can be sure of, and that is that whatever message the dream is trying to get across is important enough to override your conscious mind.

On Ethics and Nightmares

This is where I get into a the rant portion of the post. There are some scientists and psychologists out there who say that lucid dreams and dream control will "cure nightmares." Gah! I could go on for hours about how totally wrong that is. Using these tools to face your fears in your nightmares CAN make reoccurring nightmares go away. But if you use them to "change" all your nightmares into something pleasant, you're just in denial about the issue that's actually causing the nightmare. Deal with the issue. DON'T make the dream into a Care Bear ending. Use the lucidity to find out what is causing the nightmare. Sometimes all that means is just facing the dream adversary and asking them why they're in your dream. If you happen to be in a lucid nightmare and you are unable to control it, there's not much you can do besides wake yourself up. Lucid nightmares, like dreams, are more intense than both waking and regular dreaming experiences. Most of the literature says that it is impossible to have a nightmare and a lucid dream at the same time. I can tell you from personal experience that this is just not true. And you know how your mommy always told you "dreams can't hurt you"? Well, that's a bunch of crap, too. Because anything that convinces your brain that you're hurting is the same as being hurt for real. The only difference is that you don't have any actual physical damage. So dreams can hurt you just as much as your boy/girlfriend dumping you.

For example:

"Ha! You can't hurt me. This is just a drea-Ow! Hey! Wha-ow!"

You get the idea.

Among all the science journals and books at the college's database, there was only one tiny mention of lucid nightmares. It said that lucidity only "cures" something like 80% of nightmares, but never goes on to mention anything about the other 20%. Which...I mean...I think that's kind of important. But oh well. While these nightmares are only a fraction of all lucid dreams, I think my point here is that lucidity and control won't make everything magically easier despite the praises of certain scientists. So if you want to learn these techniques, please use them with care and responsibility. When all else fails, do what you feel is right to you.

Having a Routine

The most important thing that will help you have more lucids is consistency. In order to become good at anything, you have to practice. A few lucky people have enough talent to get by without practicing, but the rest of the population will never get anywhere unless they are consistent with their routine. You need to come up with something that is going to actually be enough to give you more lucids, but is also practical in that you won't just blow it off on a regular basis. For beginners, ten minutes is probably the most you'll really be able to force yourself to do every day, especially since you won't be getting results for a while and that's discouraging. Always stick to a routine for at least three months before abandoning it for a different one. If you feel stuck in a dry spell, try adding to your routine, but DO NOT take away from your original plan. It takes a long time for things to be internalized, so you have to be patient.

Here's a sample routine:

Morning routine:

Set a second alarm about ten minutes after your first one. When your alarm goes off the first time, try to make a habit of not moving at all--even rolling over (I know it's hard). Again, don't immediately think about the day ahead. Just relax and think back to the last thing you were doing in your dream. Then think about where you were and what you were doing before that, and so on.

Try not to immediately think about the day ahead. Just lay still and try to recall the last thing that happened in your dream. then just slowly ask, "what happened before that?" If you remember nothing, slowly ask yourself if your dream involved any common people in your life, or places or themes. When you've remembered it, write it down immediately. If you don't have time in the morning just jot down some notes/key phrases and fill it in later. That should help improve dream recall. You may want to keep a

little notepad near your bed to jot things down on. Personally, I don't need to write out every detail to remember it so I just jot down a few key words and phrases to refresh my memory later.

Daytime routine:

Do reality checks. Base them on something that pops up a lot in your dreams. When you do your RC, ask yourself, "Where was I before I went through this door? Is my environment logical? How did I get here? What was I doing last before coming here?"

It's really important to consciously think about this, and very important that you answer your questions either by saying them or thinking them out in their entirety. I know it's a pain but I really think that this would give you the quickest shortcut to more LDs. Also, if you have idle time during the day and you're bored, just think about your dreams a little bit. The more you pay attention to them, the more interesting they will become. Or if you want to, just do a random RC. Look around you, ask how you got there, and ask if your environment/circumstances make logical sense.

Nighttime routine:

Try to get at least 8 hours of sleep a night! If you can sleep in on a day, 10 hours would be really great. You'll get much longer dreams if you sleep a little longer than usual. Of course, generally speaking it's unhealthy to sleep too much all the time, but most people have jobs and/or school to prevent that.

When you get ready for bed, give yourself about 15-20 extra minutes. Spend the first part of it clearing your mind of all the crap that's gone on throughout your day. Some people find that it helps to imagine setting all of your problems in a little lock box next to your bed. Personally, I used to tell myself, "The best thing I can do for myself and everyone around me right now is get a good night's sleep." So I sort of made up a rule to never bring my problems with me to my bed. I imagined putting them on the side of my bed to be picked up in the morning when they needed to be dealt with. This is where a regular journal is useful because if you are someone who can't let things go, you can write them down and THEN be able to forget them guilt-free.

Once you've cleared your mind, you'll want to do a little autosuggestion. First of all, if you have a specific task or dream or thing you want to do in your LD, now is the time to give yourself that suggestion. Basically, all you're doing is daydreaming of what you want until you fall asleep. Eventually your mind will get the hint and the suggestions will begin to actually show up in your dreams. The second thing you need to do during this period is an affirmation--"I WILL have a lucid dream tonight." Believe it as much as possible.

This is partially why I think most people normally have dreams about their daily life--all they think about is their daily life before they go to sleep. Definitely try at least one WBTB (Wake Back To Bed) a night. You really don't need to do much more than get up and go to the bathroom or get a glass of water. When you go back to bed after waking up, clear your mind again and do the same autosuggestion technique. This time you'll probably fall asleep a lot faster so you really don't need to give it an exact time. Just allow the clutter to leave your mind and reaffirm that you will be lucid as soon as you are dreaming.

Other:

Try your hand at meditation. It helps you learn how to calm your mind and let go of little stresses and things that clutter your mind and often even your dreams. If you let go of that stuff on your own, your unconscious will have more time to give you dreams with deeper meanings.

Getting Started with DILDs

There are a few things that give you a better chance of having a lucid dream. First of all, lucid dreams usually occur early in the morning. In other words, the longer you sleep, the better chance you'll have of becoming lucid. The reason for this is that, as the night goes on, your dreams get longer and longer after each sleep cycle. The longer you sleep, the closer you get to waking up during each dream portion of the sleep cycle. This is exactly what you will learn to take advantage of. Generally, before you go to sleep at night, you want to be ready to sleep without any thoughts, worries, or negative emotions hanging over your head. So before you go to sleep at night, you may want to do a short energy cleansing and meditation.

You should already have a journal next to your bed, so if you have any thoughts, worries or things you need to get done, write them down first. Then you'll be reminded in the morning, and you have no need to remember them when you should be sleeping. If you start to feel guilty or anxious for letting those things go, tell yourself "The best thing I can do for myself and everyone around me right now is get a good night's sleep so I can be alert and healthy tomorrow."

Lastly, as you are falling asleep, tell yourself that you WILL have a lucid dream. Don't think you will. Know you will.

How Long is This Going to Take?

The answer is, as always, it depends. If you are already good at recalling dreams, and you've had a few lucid dreams here and there by chance, you will probably be able to lucid dream a lot faster than someone who started out not even remembering many of their dreams.

Even if two people start out at the same skill level, you have to take into account the fact that we are working with our own minds, and every person is different. There are really no concrete reasons for why some people pick up lucid dreaming faster than others when they seem to start out at the same skill level. Regular (nightly) lucid dreaming takes AT LEAST a couple of months before it even starts working--that is, WITH a lot of consistence and work. If you aren't consistent, you have almost no chance of becoming lucid regularly. Lucid dreams come from habit and skill. Most people average several months to a few years to be able to lucid dream every night.

Ways To Lucid Dream

Each of these methods, if practiced every day for several months, should get you frequent lucid dreams. Not every method works for every person, so you may want to try more than one at the same time. The MOST important thing is consistency. I can't stress this enough. You've got to be patient and have the discipline to keep at it every day. The following are the most common things people do to have lucid dreams. As always, if you find that something completely different works for you instead of these things, go for what works best for you.

Visualization

In this method, all you really need to do is set aside 10-30 minutes before you go to bed. First, be sure that you have done a cleansing and that you won't be distracted by your daily thoughts. Sit on your bed and decide what you want to dream about. It helps if you try the same scenario consistently each night. It doesn't have to be something serious--in fact, the more crazy your scenario is, the more likely you'll notice it isn't real when you dream it. So concentrate on the dream scenario you want, and visualize it panning out. Imagine yourself becoming lucid, and imagine the things you want to do. KNOW that you will lucid dream. In fact, you may want to repeat "I am going to have a lucid dream tonight." to yourself out loud until you believe it. This method may seem silly at first, but it is the very method I used to learn, and I now have at least a few lucid dreams every single night.

Reality Checks

Reality checks are very simple and easy to do. There are infinite possible reality checks, so you are only limited by your imagination. The easiest reality check is to simply make a habit of asking yourself "Am I dreaming?" several times a day. Eventually, your habit will bleed into your dreams, and you will ask yourself the question while you sleep. Once you question your reality, you will notice some of the things in your dream that can't be possible in the real world. Normally, you accept the weird things in your dreams, but once you question them, you will realize that they are out of the ordinary. I have heard of people doing reality checks such as throwing up little objects and trying to make them float, or looking at their hands or feet (for some reason, hands and feet are easily distorted in dreams, but I don't think that this is universal so I wouldn't rely on it).

Reality checks are good, but it depends on the kinds of dreams you have. For example, when I was a kid my mom taught me the "look at your hands" RC. It never worked because, while I see my hands all the time in my waking life, I never saw them in my dreams. When you do a RC, don't just blankly ask "Am I dreaming?"-- a lot of people complain it doesn't work, and I believe that is because they don't actually consider this question, they just ask it without even thinking about it. When you do a RC, really look around you and think about whether or not your environment makes logical sense. The RC that worked best for me was the "Where was I last? What was I doing?" You may be surprised that you'll answer "I went to bed!" and of course conclude that you must be asleep. So these things help with DILDs.

Reality Check Addendum

The problem with RCs is that a lot of times, people just mindlessly go “am I dreaming?” and without even considering it, they think “no,” and then totally forget about it. This does absolutely nothing to help you get lucid. When you do a reality check, don't ask if you're dreaming. Assume that you ARE dreaming. Now ask, “why do I think this is

real?”

Example of a GOOD answer: “I think this is real because I remember waking up, getting dressed and driving here. I can remember in detail what I had for breakfast. When I toss a pen into the air and try to make it float, I can't do it.” This works because you are testing you surroundings and memories against LOGIC. Not only that, but you're physically testing reality. If you want, you can try the classics such as looking at your hands or holding your nose to test reality.

Example of a BAD answer: “This feels real.” While you'll never confuse your waking life with a dream, ALL of your non-lucids will always “feel real.”

Dream Signs

For this method to work, you absolutely MUST have a good dream journal going, and have a good understanding of the repeated symbols, scenarios, and themes in your dreams. Many of us will have certain people, places, objects, or situations that are repeatedly in our dreams. These things are NOT in our waking life, but they appear at least once a week in our dreams. These are what I am talking about when I mention dream cues. Once you have a good understanding of things which exist solely in your dream world, you can focus on seeing them at night before you go to sleep via the visualization method above. This isn't necessary, but it will increase the chances of having your dream cues more often and becoming lucid.

Eventually, while you are dreaming, you will recognize one of your dream cues and become aware of the dream.

Or You Could do it the Easy Way...

Okay, here's my biggest secret. **You really don't need any techniques at all to have a lot of DILDs!** (I bet some people who read all that stuff are gonna be mad now. Haha. Sorry you guys.)

Even if you're not a natural, you can teach yourself to think like one. If you can do that, you'll have LDs all the time without really trying. The thing that works best is simply awareness. And I really mean awareness. Most people go through their days thinking about where they need to be going next, and what they need to be doing, and wondering where they should be eating. They spend very little time being truly aware of their surroundings. This is where that meditation stuff really helps, by the way! Meditation teaches the kind of awareness I'm talking about. The easy way to LD is a state of constant awareness. Make your day one big long reality check. Only instead of a specific RC, begin to question everything around you at once. Quiet your mind, and simply be aware of your state of consciousness. Be aware of the FEELING of LIVING and being AWAKE. It's a much different feeling than being asleep or even astral projecting.

I believe that many natural LDers do this unconsciously. They just "know" when they are dreaming because they know it feels different. This also may explain why naturals have a hard time explaining exactly how they get lucid. They don't really GET lucid...they ARE lucid every moment of the day and night. Also, during the day, remember that reality, too, is subjective. In a way we human beings are always dreaming, because our minds are always interpreting what our senses are gathering, trying to make sense of what's around us. Is reality objective, or is reality simply the interpretation we get in the end? Human beings are truly unable to examine the objective world completely. By the way, if you already have problems distinguishing reality from a dream, or have schizophrenia, or any other serious mental conditions I DO NOT advise you do this, because if your mind is unstable the last thing you should be doing is questioning reality or considering reality a dream.

The best way to learn about awareness is to pick up a book on meditation, Buddhism, or Taoism. Meditation is a tool that can teach you what true mindfulness feels like. The real trick to getting lucid is to keep that feeling of awareness going on all the time, even if it's not always completely conscious.

Awareness Addendum:

The key to constant awareness comes from the fundamental idea that all reality is another facet of a dream. Time is illusionary. Today will soon fade and cease to exist. Everything you know in this world can be changed in an instant, at any time, for any reason. This is just the same way your dreams are. This is what Dream Yoga teaches. All things are illusionary, all things change, and all things fade. This is the reality of existence.

- Everyone has some ideas as to what they want to do in their lucid dreams. So think of a lucid dream that you want to have tonight.

Got an idea? Now that you've thought of a good dream, try visualizing it. It helps to use real memories....for example, imagine that you're tasting the chocolate, and at the same time remember how chocolate tasted the last time you had some. Decide what the buildings look like, who will be there, what you will do, and make it all as detailed as possible. Basically, daydream.

- Remember that every moment today passes, becoming nothing but memory, as a dream. All things are illusionary, and all things in constant flux.

Keep in mind that right now, this reality, is only another form of dream. Keep this in mind as often and as long as possible. So when you do reality checks (hopefully frequently, since RCing a lot during the day can help ease you into a constant state of awareness), try to think about some of these things.

How to WILD

A lot of people have asked me how I have WILDs, and since my way of doing it is a little different than most, I thought I'd explain how I do it here. The first and most important part is the WBTB. For me, it only needs to last about 30 seconds. I wake up naturally between dreams/sleep cycles so it's pretty easy for me. If you never wake up at all during the night, you'll have to set an alarm. Try to set it for about 4-6 hours after you first fall asleep. While it is possible to WILD before sleeping at all, generally I've found it a LOT easier when you're already somewhat rested. So it works best either during the day for a nap, or after about a half night's sleep or more.

So in your WBTB, you want to be drowsy, but your want to keep your mind alert. So just get up out of bed, write down any dreams you had so far, go to the bathroom, get a sip of water, ect. Try not to watch TV or read--you want to keep your mind in sleep mode and it may be harder to fall back asleep. Be sure that when you go back to bed, you're not in the same position you woke up in. It helps a lot to be in a position that you don't normally sleep in, so for example if you sleep on your side, then lie down on your back for the WILD.

This is where meditation really helps. When you lie down, first you want to keep all your normal daily thoughts from popping up. If you start thinking about the day ahead, or what your friend said to you or what project you need to finish at work, you will not be successful. So be sure to clear your mind of any intrusive, distracting thoughts. Remember--don't try too hard to force them out. Just like with meditation, let yourself finish the thought, and then redirect your attention to being aware of the environment.

White noise really helps. I usually have a fan on all night. Try to focus your attention to the white noise. As you're falling asleep, do you notice any strange distortions in the sound? I usually almost hear faint music, or sometimes whispers. This is passive HI. What you want to do is actively control it now. This will get your mind into the state of lucidity AND dream control before you're even really asleep.

So when you start to hear the weird little distortions, think of something to change them into. For example, it sounds like creepy faint whispers. Make them more audible and make them say funny things instead. Or change it into music. Remember to be constantly and actively changing what you're hearing. This should also help keep you from having those horrible attacks of random itchy spots that will jolt you awake again and ruin the whole WILD. After a while, you should go into some kind of sleep paralysis. When you do, it'll be pretty obvious. Remember not to try to jerk your limbs to see if you're in SP, because even if you are asleep this action could wake you up again. Gently try to move a finger, or a hand. You'll likely start hearing loud ringing or roaring sounds in your ears. Don't let the SP scare you. You need to keep calm, and not let it drag you into unconsciousness.

Keep in mind that you may not always go into SP! If it's been several minutes and you've been focusing on the sounds you're creating, move on to the next step. So now that your body is asleep, it's time to segue into your lucid dream. So instead of focusing on changing the sounds, now you want to start visualizing yourself inside your lucid dream. At first it'll be like watching it happen on TV, but very soon your mind will accept it as the dream and you'll jump right into it naturally. This is what's known as a mental WILD.

Before you ever go to bed, you may want to decide on what dream you want to have in your WILD. The crazier it is, the better. Visualize yourself having the dream during your WILD. During the day, imagine yourself in the dream and imagine what the environment will be like, the characters, and what you want to do in it. This will make it much easier for you to visualize the dream when you want to WILD.

You may see your dream in a sort of tunnel vision at first. This happens sometimes. Just try not to focus on the fact that the vision is limited. Just stay relaxed and be aware of what you CAN see, and eventually it will begin to get larger. Don't stare at it too hard, or it may disappear. Keep your eyes relaxed and watch it grow in the same way you watch someone go by in the corner of your eye. Once your dream is starting to become realistic in your eyes, be sure to remind yourself again that it IS a dream, and allow the environment to become the dream instead of trying to control it anymore. Your subconscious will keep it more or less, stable, allowing you to move on to the fun stuff you're planning on doing.

Dream Work and Dream Control

Common Problems in Lucid Dreaming

One of the biggest blocks people complain about is waking up just after becoming lucid in a dream. the reason this happens is that, when you are lucid, you are already extremely close to waking up. So when your consciousness jolts, your brain wakes you up.

The only real way to get past this is to just practice and try not to get overexcited once you become lucid. Once you are lucid, theoretically you should be able to go straight to dream control. Tell yourself, "I'm going to fly!" and just do it. The majority of you won't need any further help than this.

However, some people may have to take some time to "unlearn" the restrictions of their waking life. This is much easier to do if you have some kind of spirit guide to help you, as it is with astral travel. Again, it just takes practice. You may want to start with small things, like morphing objects. Since objects often morph or mutate on their own in dreams, this should be fairly easy.

Common Problems in Lucid Dreaming

Once you begin having lucid dreams, you can start practicing dream control right away. There really isn't a right way to do this. All you need to do is practice and try different things. In this state, you are literally only limited by your imagination.

Here are a few things you can try:

- Flying--Everyone's favorite. If you're still having trouble with blocks, try jumping from a tall building and gliding or slowing your descent.
- Lights--This is a simple form of control, but it's actually very hard to do. Turn out the lights. Now turn them back on. It's harder to get the lights back on, isn't it?
- Marbles--Create a small bag of marbles. Take them out, name the colors that you see, and then mutate the marbles into objects of that color. Congratulations, you have now just proven that dreams are, in fact, in color.
- Explore and Alter the Environment--Once you've got the hang of creating things, start with even bigger things like buildings and dream characters. Create a pool, an amusement park or a mansion. Relax and just enjoy yourself.

Dream Healing

Lucid dreaming can be very therapeutic. When you are asleep, the part of your brain that restrains your emotions essentially shuts off. This may explain why we are so very emotional in our dreams.

If you have a current issue or problem in your life, you can try to work it out through your dreams. There are a number of books of the subject, and the idea is becoming more and more popular among therapists. If your problem deals with a specific person or situation and you have an idea of what you must do, you can create the problem situation in your dream. Once you have that done, you can try to do some role-playing with your dream characters. This way, you can practice resolving the situation in a realistic setting. Try not to influence your dream characters to act out of character. While it may help your ego, once it's time to deal with the problem for real, you won't be very prepared.

Another thing you can do is ask your subconscious mind directly. In a dream, every person you see is you. Talk to one of your dream characters about our problem and ask for their advice. You may be very surprised at how helpful their answers are. If you are especially intuitive, your dream characters may even make accurate predictions about your situation.

Confronting Nightmares

One of the most popular uses of lucid dreaming is the "curing" of nightmares. I have already done my rant about this in the original dream thread, so I won't bore anyone by repeating it here. In any case, studies show that with lucid dreaming you can cure up to 80% of your nightmares. Now, if you have a repeated nightmare, it probably means something. So while you can use your dream control to change the plot, I don't suggest you do it just because it's the easy way out. However, some nightmares are about fears which need to be overcome. In this case, I encourage you to empower yourself and defeat your dream adversary. It is a good idea to refrain from destroying a dream adversary right away. After all, it is there for a reason. The best course of action is to disarm your foe, and then start asking questions.

"Who are you? Why are you here? What do you want?" The dream adversary will usually be very candid. It exists to get your attention after all, and now it HAS your attention. It can send its message directly to you instead of scaring you into remembering the dream.

WILD - "Wake Induced Lucid Dream"

Wake Initiated Lucid Dream: Basic tutorial for Beginners, by gab

WILD stands for “Wake Initiated Lucid Dream.” The goal is to pass directly from a waking state, to a state of lucid dreaming, without ever losing consciousness. Where DILD is passively reliant on memory and habit to increase the dreamer’s chances of becoming lucid, WILD is a meditative process in which the dreamer actively witnesses the onset of sleep. WILD is often seen as the most direct path to lucid dreaming, but also one of the most elusive.

Preparation

Chose a good night for your WILD ahead of time, and make it an event. Think about it during the day, and set your intention to succeed. You will need a peaceful environment, free from distractions. If you share a bed, you may want to consider moving to a guest room, or the sofa for your WILD. Comfortable ear plugs and a sleep mask are helpful to block outside distractions. Proper timing is critical for a successful WILD. Most lucid dreams happen during REM sleep, when brain activity is high. Time your WILD so you will be falling asleep as you enter a long period of REM sleep.

At night, the best time for WILD is normally in the later hours of your sleep, when REM cycles are close together and last the longest. You can easily chart your REM sleep by noting the time when you wake to record a dream journal entry. People have a natural brief awakening after every REM cycle throughout the night. Your natural mid-night awakenings will fall at the end of your REM cycles. Begin your WILD approximately 20 minutes before your next REM cycle. For example, If I knew I normally had vivid dreams between about 4:30am to 5:00am, I would begin my WILD at about 4:00am or 4:15am. Afternoon naps are also a good time to make an attempt, since most people have a REM cycle in the late afternoon or early evening. When you nap, pay attention to the time when your best dreams occur. This time of day is your target.

Attempting to WILD when you first go to sleep at night is not recommended. You can do everything right, but there will be no dream available for you to enter (or at most, a brief and unsatisfying dream).

Relaxation

Begin by closing your eyes and lying in a comfortable position. Your goal is to become so relaxed, you lose track of your body altogether. You are going to coax yourself into a deep trance-like state that will, effectively, let your body fall asleep while you maintain some awareness. If you have experience with meditation, use your favorite relaxation method. If your thoughts are racing, calm your mind. Let each thought pass through your mind, recognize it, and then let it go. When your mind is settled, tell yourself firmly that the next thing you see will be a dream. The next thing you experience will be a dream. Bring your attention to your breath. Breathe slowly, comfortably, and evenly, counting each breath on the exhale. Imitate the breathing of someone who is sleeping. Move your attention to your feet. Feel them relaxing and gently sinking into the bed under their own weight. Now move your attention to your head and face. Feel the muscles in

your face relaxing. Relax your neck, and let your head sink gently into the pillow under its own weight. Do this for any part of your body that feels tense or uncomfortable. When you feel loose and comfortable, start to imagine your body swaying side to side, or rocking back and forth. Imagine you are swaying loosely to the rhythm of your breath and your counting. If you feel any annoying itches or twitches, scratch them, then go right back to what you were doing.

Falling Asleep - Mind

When you feel relaxed, and your thoughts are beginning to wander, it is time to fall asleep. Roll into your normal sleeping position, if you are not already there. It is time to divert attention away from your body. It is relaxed, comfortable, and ready for sleep. You don’t need it anymore. It is time to move into the space of your mind. The goal, now, is to forget about your body altogether. Continue to count, but instead of focusing on your breath, imagine each number, visually. Try to see what it looks like in your mind’s eye. If you like, imagine the numbers on a clock, or drawn on a chalk board, or something similar. Try to see them changing. If you lose count, just start at the last number you remember. Losing count is a good sign that you are starting to fall asleep.

If you are not fond of counting, you can use a mantra to keep your mind aware. Mantra is a short phrase that you repeat. It can be something simple like "I'm dreaming". Your thoughts will start to stray. You will catch yourself thinking of strange things, or witnessing unbidden snippets of dreams. If you get lost in these images and let them play out, you will fall asleep. You need to remain aware, with your intention set while this happens. Remind yourself that this is a dream. Picture yourself performing your favorite reality check over and over again.

If no dreamlets are forming, you can induce them yourself. Imagine a recent memory that comes to mind easily. Chose something familiar and tactile. You want to engage your sense of touch and movement in the memory. For example, you might Imagine walking through your house, running your hands along the rough walls, grasping the cold door handles to open each door. Try to make it feel as real as possible. Stay patient and confident. You are trying to hold yourself on the edge of sleep until your next REM cycle begins. Hopefully you timed things correctly, and you won’t have long to wait. Keep picturing yourself performing reality checks, and reminding yourself that the next thing you see is a dream.

Transitioning

When your REM kicks in, you may experience some hypnagogia. You may see visual hallucinations, such as faces, geometry, or lights. Some people hear sounds such as voices, loud bangs, or buzzing. Sometimes the hallucinations will be more physical. You may feel pressure on your body, powerful electric vibrations, or the feeling of motion and speed. These hallucinations can be convincing and startling. You are witnessing yourself falling asleep. If something startles you awake, just calmly return to what you were doing. It is part of the process, and will not ruin your attempt. You will quickly return to your trance-like state of mind.

Entering the Dream. When you fully enter REM sleep, a dream will begin. One of your induced visualizations may suddenly feel completely convincing. One of the dreamlets or images in your mind may expand into a full dream. For the first few seconds, remain calm, and engage with the dream. Become a participant in the scene, so it becomes your new reality. Touch whatever is closest to you. Investigate your immediate surroundings. Look down at your hands, or rub them together. You want to become physically present in the dream. Stomp your feet, touch a nearby wall, or kneel down to touch the floor. If characters are present, talk to them.

If you do pop out of the dream, don’t give up. Just close your eyes, imagine the scene you just left, and it will return. Sometimes it is a clean transition, other times you might bounce in and out of the dream a few times.

Often times your dream starts in your room. This is called False Awakening - FA. Learn to do Reality checks each time you get up from your bed to catch these FAs.

Common Mistakes

Trouble Swallowing

If you have problems swallowing, try a different sleeping position. If you are on your back, try propping your head up with additional pillows, or tucking your chin down towards your chest. You could also try lying on your side in a fetal position. If that doesn't help, take care of what's bothering you. Scratch, adjust position, swallow. If you do it without getting upset over it, without paying any attention to it, just as you do when falling asleep when not WILDing, it will not ruin your attempt. It may set you back a few minutes, but just keep going and you will be back on track.

Twitching Eyes

Some people notice their eyes moving or trying to open as they enter REM. If this is a problem, try wearing a sleep mask. The light pressure on your eyes can help keep them closed. You could also try sleeping on your side.

Unable to Focus

Sometimes stress can distract you. It is hard to focus if you are worrying about everything you have to do the following morning, or the next day at work. Write down any distracting obligations in your dream journal so you can stop worrying about them and focus on your intention to lucid dream. If your mind is racing, try a meditative exercise to calm it. For example, you could imagine placing each bothersome thought into a large box, and closing the heavy lid. If you having hard time calming down and falling asleep because you are excited about WILDing, start falling asleep normally and continue with WILDing when relaxed and closer to falling asleep.

...This guide describes only one way to achieve WILD. There are countless mental exercises that can help coax you to the proper state of mind. Everyone is different, and no two WILD attempts will be the same.

Sageous' classes on Wake Initiated Lucid dreams.

WILD Session 1: Mental Prep Part A

Though it is the most difficult aspect of WILD (and LD’ing in general) to master, mental prep is by far the most important step toward success. In a sense, lucid dreaming is nothing more than a state of mind, and that state -- constant waking consciousness, regardless of physical conditions -- is manifest most clearly in the practice of WILD. So the primary step in learning WILD is that of preparing your mind with the fundamentals (self-awareness, memory, expectation) so that when you lie down and do your thing, you will know that that thing is happening and that you can participate and really enjoy it. Because of that mental prep merits discussion in at least two of our sessions: first here in terms of building self-awareness, and later in terms of visualization, setting intention, and keeping memory turned on. Discussion of expectation will happen often later, especially in the Physical Sensations and Organizing an Entry sessions. Also, if during the course of the class I get feedback that indicates still more discussion about mental prep needs to be done then don’t worry; I’ll go there. But first:

Self-Awareness

The root of WILD is that you are able to maintain waking awareness while your physical body drops into sleep mode around you. Though the concept is simple, and seems to make sense, the act of doing it can be very difficult. This is because your entire nature is geared toward abandoning waking consciousness in the name of sleep. A powerful tool for confounding nature and staying awake while falling asleep is self-awareness.

Self-awareness is nothing more than knowing that you exist, that your existence effects everything and everyone around you, and is effected by everything and everyone around you. Seems like a no-brainer, I know, but most people -- hell, almost all people -- don't so much as consider this concept, much less make it a part of their daily life. Self-awareness rarely happens in waking life because it is much easier to wander through existence unaware of your place in it (as long as there’s food, friends, and video games, who cares, right? Right.). Yet if you were to master self-awareness, WILD’ing would be easy; literally second nature. It’s that simple. DILD and MILD, for that matter, would be easy as well. So would things like getting along with your loved ones, and coping with the challenges of waking life. That is the power of self-awareness. How do you develop self-awareness? There are many ways, and we’ll likely talk about others during upcoming conversations, but the exercise I’ll offer today is simple introduction to the practice, sort of a Reverse Reality Check (RRC):

Here’s what to do: At random intervals during the day – at least once an hour but no more than three times in that hour – stop what you’re doing and wonder. Just hold still for a second and remember where you were a few minutes ago, imagine where you’ll be in a few minutes, and know that everything you’re doing right now has an effect on everything and everyone around you, and everything and everyone around you has an effect on you – even if you don’t realize it. The important part here is to think deeply about your place in all the stuff that’s whirling around you at any given time, and to really think about what all that whirling is doing to you, and what you might be doing to

the whirling. During waking life, you might find yourself very often assuming that there’s not much whirling about at all or that there’s not much of an exchange of effect going on. There always is, whether you can feel it or not. Think about the fact that there is an exchange of atoms between your feet and the floor you’re treading: in a sense you’re changing reality itself, if ever so slightly, just by standing there! It is therefore extremely important to take a moment and remember that you exist, and your existence matters – even if you don’t think it does. [Edit: Your focus during this questioning period should be on your interaction with your local reality -- things/people your presence has influenced, are influencing, and will influence, or things/people that have/will do the same to you. You should avoid getting too metaphysical or galactic, as that atoms example above might imply. For example, perhaps you were just sitting on the couch in your living room 5 minutes ago, doing nothing... sounds like nothing to wonder about, unless you think about the dent you left in the couch, how it will still be warm for the next person in the room, how your comfortable situation on the couch caused you to ignore an important phone call from your boyfriend; the list can go on and on, if you look).]

You don’t have to recite all those questions every time; that would be annoying, and the process of reciting all that might diminish the effect. Basically you should put it all into a single quick thought that means something to you, and allows wonder to linger after you’ve resumed moving through your waking day. It will be difficult at first, but with practice you won’t be using words at all when you pause, as the questions will have become second nature. Be very careful that the questions never lose their wonder, though. If they become rote -- just a bunch of words you say whenever your iPhone app goes off -- then you will have lost the point of doing the exercise because you will not be acknowledging your self. If you successfully add this exercise to your waking life, you may already be well on the way to successfully WILD’ing. Indeed, if you can master this exercise, meaning that you can truly realize the presence and importance of your existence at any given time, then holding on to your awareness while falling asleep will be a snap. This might not make sense to you right now, but that’s okay. The way humans are currently wired, it is not supposed to make sense. Just do the exercise above, or something similar, and learn to make self-awareness a part of your waking life.

Here’s the really good part: when you are in (or approaching) your dreaming world, the exercise you’re practicing will translate into something altogether different. This is because when you’re dreaming, you’ll know, for sure, that everything around you is caused by you, and that it is all entirely a reality of your own invention. This new perspective will open doors to creativity and exploration, and allow you to pay attention to things in the dream world that you may never have known existed...Oh, and if all those folks who say so are correct, you will also be much more able to recognize with certainty that there’s someone or something in your dream that probably should not be there.

There are of course other methods for building self-awareness, among them **meditation** and **All Day Awareness (ADA)**.

Meditation is always an excellent tool for awareness, but it can be difficult to master and, in my opinion, tends to build goals unto itself that might obscure or supersede your LD targets. That is of course my opinion, and serious practitioners of advanced meditation have regularly begged to differ with excellent arguments. So, if you are already a proficient meditator, and see an easy conversion of the Reverse RC I described above into a meditation routine or mantra, then go for it! Also, if you are interested in exploring meditation as it directly relates to LD’ing, then I suggest you sign up for Sivason’s Dream Yoga class [<https://rentry.org/3u942m8e>], if you haven’t already. Sivason has a real handle on this stuff, and I believe his class and method are both excellent for learning Dream Yoga and for WILD, which is in truth just a form or reflection of Dream Yoga.

I was originally going to suggest that you do **ADA**, and that is certainly a good thing to do regardless, but after some thought I had misgivings. My problem with ADA is that its practice tends to diminish the “self” as it amplifies the power of environment. With ADA you spend all your time observing and noting everything around you, but you take little notice of your self, and your interaction with everything. Think about it: Animals, especially prey, practice ADA by nature. A fish or a mouse is a master of ADA: if they’re not paying attention to everything all the time, they could wind up being someone’s dinner. But I wouldn’t consider either a candidate for lucid dreaming anytime soon, because all that awareness is driven by instinct rather than sentience. Sure, they can pay lots of attention and have true mastery of the input from their environs, but they have no idea they’re doing it, or that they’re even involved.

So, though ADA is a handy exercise for strengthening your sense of place in reality, it does little to define your interaction with reality, an understanding of which is critical in dreams, when reality is you. Perhaps if you can add a letter to ADA and make it ADSA -- All Day Self-Awareness, then it not only would it make sense, but then you would largely be doing the reverse RC I described above. Again, if you are already successfully practicing ADA, or wish to add it to your waking life experience, don’t stop because of my words. ADA is an extremely valuable mental tool, and can serve as a foundation for self-awareness. But as I understand ADA, it simply isn’t focused directly on the tools we need to LD. If you think I’m wrong about this, feel free to explain why in the Q&A section -- maybe I missed something!

I’m rambling already. Time to wrap up, I think...

Okay, so the first lesson was a bit on the dry side... I guess that’s because I chose to begin with the most vague aspect of all this, even if mental prep is the most important. It will be more fun later when we get into the nuts and bolts of WILD, but for now I hope you’ll bear with me and truly attempt to build, or at least consider, your self-awareness. As I said, I will be going back to this throughout the course, and I’ll be delighted to answer more specific questions in the accompanying Q&A thread (assuming I remembered to add it!). For now, though, look to adapting the exercises I noted above, and if you’d like further reading on what I’ve got to say about this, then look at my Lucid Dreaming Fundamentals thread, as it covers in greater detail what I’m trying to say today.

Lucid Dreaming Fundamentals

In a recent PM Darkmatters, in response to some of my fairly incomplete posts that hint at my experience and slightly different path for LD’ing success, asked me to share with the forum “How I did it,” and maybe create a thread in which other dreamers could ask specific questions I might attempt to answer. Normally I’d pass on doing this, since my methods and perspectives don’t always mirror the general consensus of what works, and I feel no need to intentionally stir the water around here (something I seem to do all the time anyway -- sorry!). Also, a voice somewhere in the back of my head regularly asks, “Who the hell are you to assume to know more than they do?” Good reasons to keep my trap shut, all; but, as I’ve been at this for well over 30 years with some real success, and Darkmatters insists, maybe there is something worth sharing. If you don’t think so, just move to another thread. If you’re curious about what you would ask me, then read on...

First, a little history: I’ve been doing this LD’ing thing intentionally since the 1970’s – long before PC’s, smart phones, and the Web itself. Even books on the subject were scarce and often misguided. Nobody I knew understood what this was, or really gave a crap if I dared to describe it. By the early ‘80’s I had done it all dream-wise: flown, traveled through space (my version, I’m sure), controlled every aspect of dream schema, chatted with all manner of DC, died, had what felt like OBE’s and shared dreams, etc, etc, etc. I even wrote waking-life novels (mostly much later) about it all, building their plots around my actual dreams. But there was something missing: I wanted to use LD’ing as a tool for transcendence, as a way to move my consciousness toward spiritual and physical experiences that humans are not naturally meant to have. But all the stuff I did hadn’t been helping. In fact, it seemed that it may have served as a block to my seeing what I needed to see -- the excitement and adventure inherent in low-level lucidity reduces interest in doing hard work to expand to higher levels.

I was on my own until the ‘90’s when Stephen LaBerge’s EWOLD fell in my lap (it came with the Dream Light I had ordered from a catalog). From it I learned that there were terms for what I’d been doing for decades, and that I wasn’t alone. I discovered that I had not just been aware I was dreaming all that time; I had been experiencing Lucid dreams. And I was inducing them with what apparently were called WILD and DILD induction techniques (before that I just called them “Lying there until the dream starts”, and “waking up in a dream,” respectively). To give the experience a name did help, but only to define, not improve, my experience.

By the early 2,000’s, after trying just about everything, including hypno-tapes (yes, tapes), machines (that Dream Light cost \$1,200, BTW), and guru-based dream camps, I came to the conclusion that all the “stuff,” including supplements like gallantamine and vitamin B6, cleverly named techniques like WILD, DILD, and MILD, really did nothing to further push my LD’ing envelope. In time I realized -- mostly on my own but also by picking the brains of very experienced LD’ers while I moderated the Lucidity Institute’s forum for a couple of years -- that it wasn’t the stuff that made even the weakest LD’s tick; it was careful attention to the fundamentals.

In a sense, LD’ing is a 3-legged stool. The first leg is the state of dreaming itself, and the second and third legs are self-awareness and memory. The absence of any one of these legs means the stool topples and poof! No lucidity. It’s that simple. All the machines, gurus, techniques, and supplements in the world would do nothing, I knew, until I mastered these two things.

Of course I haven’t yet mastered either; that might never happen. Although I -- and any successful LD’er, I must assume -- had some grasp of these “legs,” my hold was far too tenuous to seek the things that I knew I should be able to find. But the act of finally making self-awareness and memory a priority elevated my LD’ing experience from one of enjoying the wonders of my dreams as supplied by my dreaming mind to one of real control, creativity, discovery, and growth. Since improving my self-awareness,

some of my dreams, I think, have been downright transcendental in the last few years, and I believe it is because I simplified my quest. Now, for those still with me, the fundamentals:

Self-awareness is nothing more -- or less -- than being aware that you are here, that you have an effect on everything around you, and everything around you has an effect on you. This sounds like a no-brainer, but it’s a lot harder to master than it sounds. Most people are content to live their entire lives without a moment of self-awareness, content to let the events of their world wash over them and to remain unaware of how the things they do and say touch those events...sort of living life like it’s a dream, I suppose. Perfecting self-awareness is simple: pay attention! Unfortunately, humans are naturally wired to not pay this sort of attention, so it takes a lot of work to stay focused and not lapse back into the easy strides taken by those who travel life without ever once checking the path.

Memory is more of a physical issue, because it is inaccessible, or effectively “turned off,” during sleep, naturally out of reach of dreamers. This is why so many things in your dreams seem so normal and obvious, but in reality are impossible. Turning memory back on is not easy, but it can be done. Indeed, there are many mnemonic techniques available that will help you, but suffice it for now to say that if you can’t remember during a dream that your waking life body is sleeping right where you left it, you might never be able to step above the lowest levels of lucidity. And yes, your dreams are certainly filled with “remembered” images; but these images are awash in a matrix of archetypes and powerful long-term memories. Short-term memory, and active long-term memory (the thing that reminds you that cows really can’t fly), are naturally inaccessible. [Edit: I went on a bit further about memory on a separate thread here, if you are interested]

Since developing self-awareness (or a powerful sense of Self) and memory are very personal, often difficult, long-term projects that are done during the dreamer’s waking life, I really think you need to carve your own path toward a goal of achieving them, in terms of method (ie, Lidybug’s Clear Light perspective thread shows her wonderful method for developing self-awareness). Be advised, though, that doing so will take a while, and likely require some real sacrifices and discipline on your part. If someone offers you a magical shortcut to higher awareness, assume that they are wrong, or lying. All the machines, techniques, etc, are certainly helpful (if you’re interested, I’ll be happy to share what I found works best -- just ask), but they will never get you to high-level lucidity – only your own hard work will.

Memory: the Forgotten Fundamental

I’ve noticed that as the waves of techniques, tips, and testimonials regarding lucid dreaming pass relentlessly across these forums, one fundamental of LD’ing seems to be consistently untouched by the flow: Memory. The other two fundamentals -- self-awareness and expectation/intention -- are talked about often, but somehow memory gets, well, forgotten. So I thought I would start a thread about memory, in the hopes that some productive discussion emerges about it. That discussion could be scientific, philosophic, psychological, or even mystical, I don’t care -- just as long as we’re making some effort to have memory gain its place on the pantheon of what matters in LD’ing. Here, to start things off, are a few of my thoughts, which may or may not include a few things to discuss:

First, you might assume that memory mentioned regularly, in the form of dream recall or prospective memory in MILD -- and it is -- but those are only functions of memory, and not memory itself. In the simplest of terms, memory in the context of lucid dreaming, and this thread, is the same as memory in the context of waking life: the storehouse of a lifetime of information, sensations, experiences, relationships, emotions, images, and everything else that combines to form, ultimately, an individual. Memory defines who we are; without it and its context we cease to exist. Our physical forms might still be here, but without memory we are little more than waking-life dream characters. And of course, without access to memory in dreams we are no more than dream characters, period. Given all that, the role memory plays in LD’ing becomes obvious. Yes, for lucidity it is important to be self-aware in a dream, but that self-awareness has minimal meaning or spiritual volume until a dreamer is also able to tap her memory. In other words, a person who is self-aware in a dream but who cannot access memory can do little more than realize that she is dreaming – this is very nice, sure, but it only represents the tip of the iceberg of LD’ing. In order for a dreamer to be fully lucid, to have her entire being in a dream, memory must be accessible. But those are just words; let’s get a bit more practical:

Again, the memory I speak of here should not be confused with dream recall. Dream recall is certainly important, but that importance lies in adding to memory rather than accessing it. In the case of memory as a LD’ing fundamental I'm talking about accessing your waking-life memory processes when lucid; remembering, during the dream, that you have a waking-life existence, that you consciously stepped away from that existence a few minutes ago, and that you still have a sleeping body right where you left it. This might seem a little silly at first glance, but it is critical toward drawing your waking-life awareness into your dream. This is the case for two major reasons (and plenty more, most likely):

First, the core of non-lucid dreaming consciousness, the basis of your dream-character “you,” is that the DC “you” cannot remember that the dream started a few minutes ago (most non-lucids have a built-in assurance – thanks mainly to absent memory -- that the current dream scene is both real and has always been there), and that you are sure that your DC body is the real thing. It is not that your mind is addled or your so-called “dream logic” is flawed, as it is popular to believe; no, your cognition is working fine in dreams. What is missing, or rather what is inaccessible during NLD's, is your storehouse of experience and knowledge from which you could gather that there really are, say, no swimming pools on the moon. Remembering those things I said above, like that your sleeping body is right where you left it, should help re-attach your consciousness to your core memory and allow your self-awareness to assert itself with proper waking-life awareness. This action will redefine the “reality” of the dream, the rules of the dream, and perhaps even the dream itself. So, you cannot have true -- and certainly not strong -- waking-life self-awareness in your dream if you do not remember that the dream-character body you are currently occupying is not your physical body.

Second, once you’ve passed this initial hurdle, you likely will have switched your brain’s memory-access circuits back to the “on” position, from the “off” position to which they are naturally set during sleep. This will allow you to remember your current dream goals, prolonging techniques, the waking-world histories of the dream-characters populating your dream (giving you opportunity to wonder/explain what they’re doing there), and a host of other things. Basically, you will be truly awake in the dream when memory is accessed, and waking-life self-awareness (aka: lucidity) will have opportunity to prosper.

Again, it is certainly possible, and quite common, to have low-level lucid dreams without memory access switched on, but you will never get much further than that initial feeling of “knowing” this is a dream. For instance, you will still be surprised by events around you because your dreaming mind is still in control, you will have difficulty doing things like flying because you still believe your dream-character body is real, and you might for the same reason have a tendency to believe that the other dream-characters around you are the real things, and not just avatars of people you know (or don’t, as it were)... now for the dream-sharers and astral-projectors out there, there’s no reason not to believe that those avatars represent actual people trying to contact you, but you must remember that they are just representations and not the real thing; there is a difference. It is also possible, with memory absent, to have a non-lucid dream during which you think you are lucid. I used to get these "False Lucids" all the time, as my dreaming mind obliged my expectations and gave me all the things it assumed I wanted to fulfill my current lucid fantasy. So I did all the cool stuff without a grain of waking-life awareness or actual control, all because I failed to remember my true nature and condition -- and the fact that the dream world I was in was created just moments earlier.

Here is one quick hopefully helpful hint to ease that effort: it is a good thing to always include some mention of memory during your reality checks and when you set your intention before sleep. For instance, when practicing reality checks during waking life (and everyone should be doing that!), don’t just confirm that the clock didn’t change, or that your hand still has five fingers, but, when you're done checking your state, take another moment to remember exactly what you were doing say, fifteen minutes earlier. And when you set your intention at bedtime, add a simple “I will remember” to your stated plans.

tl;dr: the memory I speak of here is, I suppose, nothing more -- and nothing less -- than the memory you access during waking life. It is the experiential, foundational background that defines your individual self. That memory must be present during a LD seems to me to be a no-brainer -- while I’m awake. When I’m asleep, and memory access is turned off, the story is much different, and it can take real effort, and strong self-awareness, to access waking-life memory.

WILD Session 2: Timing

Our second session is about a category often overlooked by other instructors, but to me its importance is paramount: timing. When, during a night’s sleep, should WILD be attempted?

Though I may be burned as a heretic for saying so on this site, it is true that WILD is no better or worse than DILD, the other way we transition to lucidity. Though the techniques used to induce them seem to favor DILD on paper (with MILD being the technique of choice for DILD, though it is a good thing to learn for WILD mindsets as well), in the end -- after you've properly developed your lucid state of mind -- the only real difference between WILD and DILD is defined not by difficulty, but when you plan to initiate your LD.

For instance, if you expect to have LD’s during your regular night’s sleep, you should not be attempting WILD when you go to bed at night. This is because it is extremely difficult to maintain your waking awareness through the quiet of delta sleep, which is the first phase of regular sleep and has its longest period right after you fall asleep at night. There is negligible REM (Rapid Eye Movement) during delta, and, though arguably some very interesting dreaming may happen during delta, it is not the sort of dreaming that accompanies REM or easily accommodates lucidity. Also called NREM, delta is the period during which your body and mind get much of their restoration done, so it’s not a terrible idea to let it occur without interruption anyway. It is better to practice DILD in this case, because with that technique you intentionally abandon waking consciousness for a time, since DILD’s are triggered within the dream.

There are of course exceptions to this: if you are an accomplished practitioner of sleep (not dream) yoga, or “suffer” from narcolepsy, WILD at bedtime might be just the thing for you. Of course, I would imagine an expert at sleep yoga would have no reason to attend this class, so that might not matter. But if you are narcoleptic, you might have a tendency to slip right into REM upon falling asleep, so WILD at bedtime would be perfect for you.

I read much of people setting their alarms during the night for arousal after a few hours of sleep. This to me is not the best of ideas, for a couple of reasons:

First, alarms can shock you out of sleep and trigger your reticular system with a bit too much gusto (the reticular system is your natural mechanism for shutting off sleep and waking you up very quickly, a primitive reaction inherited from our distant ancestors’ need to leap out of the way of approaching predators, or put out the flames because their bearskin shirt was too close to the fire). This triggering – even if the alarm is from one of those pleasant “Zen Alarm Clocks” – could cause you to both lose track of the dream you were just in and make it difficult to go back to sleep. Also, setting an alarm means that you are forcing yourself awake at a specific time that might not agree with your regular sleep cycles, so doing so might cut short needed delta sleep or screw up your REM cycles. Better to gently rouse yourself after you’ve woken naturally following several hours of sleep. Everybody wakes up naturally several times during the night, even if they don’t remember. If you pay attention for a few days, you should be able to discover the times you drift into consciousness during the night.

Okay, that’s when not to use WILD. When, you might ask, is the best time to use it?

I would say that the very best time to use it is during Wake-Back-To-Bed (WBTB) after at least five hours of regular sleep, with a return to bed in less than 45 minutes or so after initial rousing. This will have you waking up when REM periods are closer together than they are at the beginning of your night’s sleep, and thus and more likely to be encountered with WILD. Sleep cycles vary, so you might need to do some experimentation to find your optimum time to first rise for WBTB. That 45 minute maximum is important, because it means that you might get back to bed while your dreaming mind is still idling, and not completely shut off. So if you find yourself awake for an hour or two before lying down again, you might want to take a closer look at your schedule. More on WBTB in a minute...

Another time, if slightly less optimum, for WILD is during napping, if that napping occurs well after your regular sleep cycle (over 12 hours since you went to bed the night before). It is less optimum because naps often occur with no REM or very discordant REM/hypnagogic imagery, and you could have trouble piecing together a dream, much less maintaining awareness. This of course varies as well, so if you have awesome dreams during naps, then by all means try WILD during them!

Finally my favorite time to use WILD is during sleep, without ever fully waking up. This is apparently known these days as Dream Exit Initiated Lucid Dreams (DEILD). With DEILD you use the momentum of your current dream, be it non-lucid (NLD), lucid, or false awakening (FA), to carry your awareness through a very brief state of near-consciousness back into a dream state without losing track of the last dream and with the awareness you picked up during that moment of wakefulness. All without the annoying physical sensations encountered during regular WILD’s, save a brief nod to SP, if you’re paying attention. If you are exiting a LD, then the moment would simply amplify and maintain the awareness you’re already enjoying. If anyone is interested, we can discuss DEILD more later, after we get through the mechanics of WILD, because it really does work best if you already know how to WILD “normally.”

Now back to WBTB:

Timing-wise, WBTB seems fairly simple. That’s because it is. If you can find a time during late REM stages (again for me that’s after at least five hours of sleep, but it could be different for you), then all you need to do is get up, maybe have a glass of water, maybe a light snack, and think dreamy thoughts for a while before going back to bed and starting up a WILD. There’s really no more to it.

Seriously; **no more!** What you should NOT do during WBTB are things that distract you from your upcoming WILD. **That means NO TV, video games, texting, phone calls, or even vigorous physical activity.** If you must do something during your wait (it’s only 45 minutes max, for God’s sake), try reading a book about dreams, or listen to music that is suitably dreamy. If you are a sort who meditates, this would be a good time to do so, again as long as it is done with dreaming in mind. Bottom line here is that WBTB is just a brief period of your overall night’s sleep; try not to attach daytime activities to it, as they will tend to send your dreaming mind into remission, which won’t help your WILD attempt at all.

There. As you all no doubt assumed, timing is a fairly simple subject, though it can prove difficult to make happen properly. I probably did not need to dedicate an entire session to it, but I felt it that important, and I am confident that it is that ignored in the standard “Lie down, hold still, and wait” tutorials.

WILD Session 3: Notes About the Noise

This week’s session is the most difficult for me, both because you guys probably “know” more about it than I do, and because I am obliged to try to convince you in a couple of paragraphs that the “noise” experienced on the waking path to sleep, including **Hypnagogic Imagery, Sleep Paralysis, and Vibrations**, have very little importance to successful WILDs -- indeed, they are at best just mileposts to watch for as you make your dive to the dream, and at worst (and very commonly) major distractions that can nullify your WILD attempt. Either of those things makes me very disinterested in talking about the noise. But, given the pedestal the noise, Sleep Paralysis in particular, has been placed upon by LD’ers these days, I guess I’ll have to say something. So here we go:

First, some (extremely) basic facts:

Hypnagogic Imagery (HI): As you are first falling asleep, and occasionally during semi-conscious moments between late REM cycles, you are in a state of mixed drowsy wakefulness and light sleep, and you will experience vivid, brief dreamlets called HI. That’s it; there’s nothing more to it.

Sleep Paralysis (SP): In brief, SP is your waking consciousness noticing REM Atonia, which, according to DV, is “The shutting down of neurotransmitters in the motor system, preventing a sleeping person from acting out their dreams. Often confused with Sleep Paralysis, REM Atonia only occurs during the REM phase of sleep, and happens every night for people without any REM disorders.” In other words, SP is simply your awareness of an action your body takes every night to prevent your sleeping body from acting out events unfolding in your dreams. That’s it; there’s nothing more to it.

Vibrations et al: I lump the rest of the popular stuff into a “vibrations et al” category because physical sensations you encounter can vary dramatically from person to person, be they vibrations, sounds, twitches, tingling, flashes of light, or other random sparks of sensation. Most of this is variation of HI, some is a brief hyper-sensation of physical activity like breathing, muscle activity, or pulse, and some may simply be your taking notice of stray neurons firing as your body prepares itself for sleep and REM. That’s it; there’s nothing more to it.

Now, why these things are/are not important to WILD:

HI can be used as a tool for starting LD’s, because you may be able to draw upon the schemata those brief images represent to “build” the dream into which you’re heading, which we’ll be talking about later, and which I will not recommend because using HI like that can cause a loss of lucidity. (Schemata, BTW are the mental blocks from which you build your reality, and we’ll talk more about that later as well). HI is also a handy marker for you to note as you are falling asleep, because it reminds you about where you are headed, acting as a sort of reinforcement device to hold your focus on self-awareness during the WILD -- in other words, you can note the pretty colors or listen to strange voices and say to yourself, “almost there,” which is good because HI tends to occur right when you are about to give up on the whole holding still bit. Again, more later.

HI is not spirits talking to you, cosmic energy, messages from your unconscious, or any of the other things noted here and elsewhere by breathless dreamers who encounter HI unprepared. It is simply random images that are produced as your body settles into sleep and REM mode.

SP can also be used as a tool for WILD, particularly in DEILD form, where it is more often noticed, because it gives you an opportunity to metaphorically “step out” of your “paralyzed” sleeping body and into your dream body and the dream itself. I’m not a big fan of this technique either, because that sort of metaphor is a mite too close to an astral projection (AP) or Out of Body Experience (OBE) image, and there is an excellent chance that a dreamer will get caught up in a “Hey, I’m doing AP!” moment and lose lucidity to the excitement of doing something “supernatural.” In other words, it’s a major distraction with little reward because you are very likely going to dream you’re in AP or OBE, and not really be there (before anyone objects to this or begs to clarify: don’t worry, I’m not dismissing or promoting AP or OBE here; I am simply stating that if you have done all your prep work for a LD and suddenly “find yourself” in AP or OBE, you’ll likely lapse into a dream because those were not the states for which you prepared).

SP is a fairly weak milepost for classic WILD, because you generally do not sense it during the WILD dive. This is because SP occurs after you’re in REM and have settled into a dream state, so if you are in SP, then you are also already in your dream, and have already left your body behind. On the rare occasions SP does happen during WILD, it tends to be a major distraction because you have to fight off the primal terror (meaning you can’t do much about the fear because it is buried deep in your genetic memory) that comes with discovering that you are unable to move. So, ironically, you really don’t want to encounter true SP during classic WILD. On the other hand, if SP lingers after REM, you might have an easier time doing DEILD because you are literally holding still upon waking, and might be very interested in getting back into the dream to leave the SP behind. Again, there will be more on all this later.

SP is not a mystical or unusual event by any measure because REM Atonia happens naturally every time you are in REM -- it must occur, or else we’d all be flailing about in our beds, or sleepwalking, or shouting, or ... well, you get it. That you are consciously aware of it because it remained switched on a bit too long or switched on early does not make it special, unless you consider your ability to defy nature and notice it something special -- which is a pretty cool thing, I suppose.

SP is also not a goal in WILD. Let me repeat that: **SP is not a goal in WILD**. One more time for the back rows: ***SP is not a goal in WILD!*** You should never, ever, be trying to “achieve SP” if your ultimate goal is lucid dreaming. To do so is to elevate a normal condition of sleep to a point where it is all you pay attention to, and then, invariably, your chances of LD’ing will fade behind the empty excitement of SP. Again, if you’re attempting AP or OBE, then SP is important (though it also shouldn’t be made too important in those disciplines, either), but we’re not talking about AP or OBE here.

It is critical for WILD that you understand that SP is not dangerous: it is not an invasion by monsters, or your body failing you, or a break from reality, or any of the other things noted on the forums by breathless dreamers who encounter SP unprepared. It is just a natural bodily function that you happen to notice because you possess waking awareness at a time when nature never intended you to be awake. So if you ever encounter SP (I rarely do) just relax, acknowledge it, and move on!

Most of the time SP isn’t really even SP: People who are talking about their experiences in SP are really talking about their experiences in NREM sleep, which can include the vibrations, sensory deprivation, and other assorted bells and whistles associated with SP these days. This is sort of a shame, because consciously navigating NREM sleep is an adventure unto itself (and, BTW, the place the Tibetan sleep yogis like to visit), and to belittle it by calling it SP is to miss out on an otherwise good thing.

Vibrations et al are, well, just noise. Period. Any psychic/cosmic/astrophysical explanations or deep meaning you might attach to them might sound good in the dream journal or on websites, but in the end those Vibrations et al are simply your witnessing of bodily events to which you are not naturally privy. I’m not sure that I can honestly attach value to Vibrations et al in the context of WILD, because they truthfully are nothing more than a distraction, especially if you’re the sort who chooses to attach meaning to them. At best they are another mile-marker, and I think that if you see them as such then you will find yourself more able to allow them to come and go as they will without interfering with your effort to hold onto your awareness.

So that is the extent to which I think the “noise” need be discussed. That’s it; there’s nothing more to it.

WILD Session 4: Mental Prep Part 2 -- Forming Your Dreams

This week's session is the other half of the original mental prep session with emphasis now on getting ready to be in the dream. In the first mental prep session, we talked about activities to do during the day like the RRC, but today we are going to look at getting our minds ready for the dream itself, and more importantly ensuring that there is a dream at all waiting for us when we get to it. Keep in mind though, that you still need to keep doing those RRC’s -- anything discussed here, or for the rest of the course, is counting on the self-awareness you’re building with that effort!

Now to mental prep:

A funny thing often happens to dreamers when they succeed at a WILD. You may have experienced the phenomenon yourself: You lie down and wait properly, you make it through the “noise,” you’re in good possession of your self-awareness, and may even have managed to leave your memory switched on. Everything went perfectly. But then there you are, sure you are dreaming, but still lying in your bed, or wandering the rooms of your house, with nothing to do, to see, or pretty much to show for all your efforts. Yeah, you’re still lucid, but the dreamworld is pretty damn dull.

What happened?

Simply put, you did your WILD, are lucid, but there is no dream to enter! The required mental materials for a dream -- unconscious input like day residue and dream schemas, etc. -- have not been spooled up, because your normal sleep schedule is not being followed. That would be sort of dull, I think. Not to be left completely behind, your unconscious quickly scrambles with the most recent or ready images it can grab, usually your bedroom, or perhaps standards like your childhood home, school, workplace, or something else very familiar. This phenomenon can happen very easily, especially in classic WBTB WILD, because your dreaming mind was not prepared for a dream. Though you must be in REM because you’re dreaming, if you are in late cycles your dreaming mind might not be fully prepared to offer up another dream just yet.

This all may sound ridiculous, and I would bet that there are plenty of knowledgeable folks who might thoughtfully disagree, but I think it is a true condition: when you’re doing it in an unnatural fashion like WILD, it is possible to enter a dream state without a dream schema on tap. Your unconscious mind, in effect, wasn’t prepared for your visit! Even if I’m wrong about this, today’s session will still help you increase the quality of your LD, so it might still be worth considering.

Here is what to do about it in three easy steps:

1. Set your intention: It may seem counter-intuitive to set intention for a WILD. Since you are never separated from your waking awareness from wake to dream, intention-setting doesn’t seem necessary. But it is. Though setting intention is a handy tool during DILD and MILD for leaving a breadcrumb trail of reminders to consciousness (and your plans for that particular dream), it can serve an equally important purpose in WILD by giving your dreaming mind a rudder during the listless few minutes of a WILD dream state.

You can set your intention via the mantra you may have chanted during the front half of your WILD, and I’ve had some success with this myself. For instance, you can use a mantra that includes an image of the place you want to be when you arrive in your dream, like, “I will be on a beach.” I’m not a big fan of this, though, because I think it might interfere with both the actual purpose of your mantra, and the more global meaning you might be able to attach to a mantra that you use in every WILD, like chanting “I am dreaming.” We’ll talk more specifically about mantras in their own session later. So, if you’re in the habit of changing out mantras every time, or you do not normally use mantras at all, then perhaps building your intention into a mantra is okay. Otherwise, I recommend setting your intention the old fashioned way: by resolving to recognize your dream, by visualizing yourself dreaming, and by imagining yourself playing out your dream,. You can do all this during waking life both well before and right up to the moment of your WILD. All this is nicely laid out in LaBerge’s EWOLD, and I recommend reviewing it.

2. Harbor Expectation: Much of the fabric of your dreams is woven with expectation, so it is a very good idea to pocket a thread of expectation with you on your WILD trip. Expectation differs from intention in that it tends to be more specific, and more directly responsive to existing stimuli. For instance, you may have had the intention all week of being lucid, and maybe seeking your goals in a dream, and all that happened -- but you’re still stuck in your "bedroom." Now, if you also have a clear expectation of what will happen next after you discover your dream bedroom -- perhaps you know that a special door will appear that opens not on a hallway but onto, say, Saturn’s rings -- then you stand a much better chance of leaving your room and entering a new dream. You need not have some specific expectation in mind, either. Sometimes just an openness to change in the dream is enough to tap the vast warehouse of unconscious expectation we all possess. That openness might counter the unwelcome but already fulfilled expectation of your bedroom’s “reality,” and get you out of it without having to think up anything in particular.

Bottom line with expectation -- don’t just accept the scene you’re in when the WILD dream starts; be ready and willing to encounter changes.

3. Nurture schemas: First, in case you don’t already know, what is a schema? I’m not sure I can describe this briefly, but I’ll try:

A schema is your mind’s basic building block for its perception of reality. For instance, let’s say you see a round object. There are a lot of round objects in the world, so how does your mind know how to identify it? It does so by forming a mental model of the object, searching the images of round things you’ve got stored in your memory for an object that fits the context of this round item for a likely match. It turns out this object is floating above you in the sky, and seems to be lit up, but not blindingly bright, and seems to be stationary...by now you’ve probably already found a mental model match that says, “moon.” In its search your mind could have come up with balloon, or basketball, or Frisbee, or UFO, or any number of other models, and likely did so without your consciously knowing, but your mind settled on the best choice -- moon -- and that is what you perceived. That is a schema.

In a very real sense, all of your perceived reality is simply an assemblage of schemas -- you define everything you perceive or think by attaching schemas to them, and these schemas are simple mental models, building blocks, of your known reality (i.e., the moon image is a mental model for a round object that fit the surrounding context). They’re sort of like mini-metaphors, or bits of explanations, for what you are seeing. Without schemas, nothing would make much sense. Imagine what an infant, who has not yet assembled its library of schemas, thinks when it sees that round object in the sky; not a moon!

How can we use schemas to form dreams in WILD's? Here are a few ways:

First is during the dive itself, when your “vision” is hit with Hypnagogic Imagery. You can take the simple, usually formless and meaningless images (or sounds, or even vibrations) that comprise HI and attach schemas to them.

For instance, let’s say little triangles of yellow light are flashing about in front of you. Instead of seeing just the light, imagine that the triangles are actual objects seeking definition. In a moment, your mind should begin searching its database of “triangular objects” to try to match up a real image to the flashing triangles. Very quickly, probably within seconds of deciding that the triangles look like “something,” you will notice them resembling “something real,” perhaps a mountain, or a mountain range, if there are lots of triangles. Then expectation kicks in and before you know it you’re sipping hot cocoa on the deck of a Swiss Chalet (also a triangle, BTW)! A caveat about using HI, though: when you allow your unconscious to do a lot of work for you -- as in defining the reality of those triangles -- you run the risk of permitting it to take over completely, and thus sacrifice lucidity. So remember to remember when converting HI to dream schemas, always being careful to hold fast to the facts that you are you, and that you are actually awake.

Another way to use schema is as a sort of reality glue for the expectations you’re supposed to be harboring from step #2: After you are in the dream, and perhaps see that unusual door in your room, open the door. The scene it opens on might be blank, or chaotic. This is because, though you expected Saturn’s rings, your mind may not have had a chance yet to form the rings themselves. So look around at the blankness or chaos until you see something that looks even a bit like Saturn, or one of its rings. And -- here’s the expectation bit -- you will see something very quickly. It may only be a wisp of curvy smoke or a strange ball with a stripe, but something will appear. When it does, simply let your mind search until it finds the mental model that matches not the (still blank or chaotic) environment but your expectations. Sure enough, in just a few seconds, Saturn will be looming before you! This method sounds simple, but in practice it can be “difficult” because it depends on solid expectation, confident awareness, and a genuine openness to change that sometimes is hard to gather in a dream. But when it works it does so quickly, and with often staggering results. Oh, and this method has very little to do with WILD -- you can flip on the expectation/schema switch whenever you get the urge in any LD -- it’s a great way to switch scenes!

My favorite way to use schemas in WILD is by forming them myself, from scratch. After HI has passed (or diminished), there is a brief period of “nothing” that occurs either because you’re still in NREM or your dreaming mind hasn’t put together a world for you yet. At this point you can do something like that “door” trick above, only without the door and, oddly, without much expectation. Instead, first form or choose to notice a very simple object in front of you -- any kind of blob, line or dot will do -- and focus on that object. Notice that the object is malleable -- it seems ready to change its shape at your command -- and then just play with it and see what emerges. After a couple of shape-shifts, the object might start to resemble something. That’s your mind automatically attaching a schema to it; work with that by focusing a little harder and let the object materialize. Let’s say the blob is elongating slightly and turning red -- you decide it looks like a fire hydrant. Then it is a fire hydrant!

Now comes the fun part: take a second and imagine where exactly a fire hydrant belongs and whoosh, you are suddenly standing on a city street, your dreaming mind having (gratefully, I think) attached a world of schemas to accompany the reality of the hydrant. This method is my favorite mostly because it satisfies my artistic interests, but also because it can offer up real surprises without much risk of lost lucidity.

With these three dream-forming steps in play, you will likely not find yourself wandering your empty bedroom during your WILD, at least not for long. You should be able to jump right into the kind of LD that all this work learning to WILD ought to afford you. Also, the act of doing these three things will very likely set within you a mindset of understanding that, should you still emerge into the dream state in your room, you will not be stuck in it -- you will know that you can leave it whenever you want, that you simply need to give your dreaming mind a chance to catch up.

WILD Session 5: Mantras and Why They Matter

The Oxford English Dictionary, an old-fashioned paper tome, defines mantra as “A sacred text or passage, especially one from the Vedas used as a prayer or incantation.” Also: “A holy name, for inward meditation.” Mantra itself is descended from ancient Sanskrit for “Instrument of thought.”

But none of that matters much here.

For us, a mantra is something much simpler. Further down the OED’s listing is an addition it made some 50 years ago, which reads: “Forms of speech which carry a material effect upon the mind, emotions or body, or even on things...” That’s much closer to our purposes here; also it omits the religious nod, a direction toward which this class does not need to steer.

How then might I define a mantra, as relating to WILD? A mantra for our purposes is a simple word or phrase of your choosing that you repeat to yourself throughout the front half of your WILD dive (the “Lie down, hold still, and wait” part). The presence of the mantra will help to keep your focus and to stay on the narrow path of waking awareness as your body falls asleep. For WILD, a mantra can act as a verbal reminder of what you are doing (and why, if you chose well) while everything around you tries to persuade you that you are not doing it.

The mantra you choose to use should be easy to remember, simple to repeat either out loud and to yourself, and, above all, your mantra must be meaningful to you. This is important, because if you simply grab a couple of words off the shelf because they seem appropriate or, worse, because someone else told you to use them, then your mantra will likely not work well for you, even if you manage to remember to repeat it. This is because the mantra you use must pierce several layers of your psyche in order to be useful as an anchor for waking consciousness, and all anchors must have weight. That weight is nothing more than the meaning attached to your mantra. For instance, “I am dreaming” is a very popular off-the-shelf mantra among LD’ers, its “weight” diminished, I think, by the obvious message it speaks. Though popular, adapting such a phrase because many others said they did so will never make it a good mantra if the words mean nothing important to you. No meaning equals no weight, which amounts to a very weak anchor...not to mention that a phrase like “I am dreaming” can easily be adapted by your dreaming mind (especially during this vulnerable time, per Session 4), incorporated into a non-lucid, leading to a false lucid and loss of your WILD. So make sure that mantra means something!

How should you choose a meaningful mantra? First, don’t pick it from books, or websites, or even from the sage advice of a guru*. Next, think of a simple phrase that you are sure will help you achieve your goals, be they in WILD, dreaming, or life. If you think quietly for a little while, you’ll likely come up with a phrase that matters in short order. And if you cannot, don’t despair: keep the desire for formation of a mantra on your mind long enough, and one should come to you eventually. I personally have drawn upon several mantras over the years, from phrases like “Here and now,” – also one of my staples – on the simple side to very complex positioning phrases specific to whatever goals I might be pursuing (for instance, I once spent a few months repeating, “I am at the point where the land and the water meet,” in order to attach to my mind a particular magical metaphor – that’s fairly complex, and I don’t recommend doing something like this initially, because you not only have to repeat a long mantra, but also attach a unspoken subtext to it that must be remembered throughout the dive – and it all must mean something to you!). In between those extremes have been mantras like “remember,” a simple phrase linked to whatever particular goal I had in mind during the mantra; gibberish phrases like “Ja Nah Heefra” that came to me during one “deep” LD that I hoped might be meaningful again (that particular one never was); and of course I repeated “I’m dreaming” once, only to have Aerosmith’s “Dream On” as background music throughout an otherwise uneventful non-lucid dream. But none of that matters, because you really must choose your own mantra – I just wanted to give you a feel for the range of choices you have. So be creative, be thoughtful, and be careful to pick a mantra that means something very real to you. That’s all.

After you’ve chosen your mantra, putting it to work is very simple: Throughout your WILD dive, repeat your mantra constantly, perhaps matching it with every “in” or “out” breath, and let it serve as that anchor. That’s all; there are no more instructions on its use -- it’s that simple! You can repeat your mantra either vocally or silently to yourself, though if you can manage to say it out loud and still fall asleep, it will probably work better for you, as the sound of the spoken mantra adds a special dynamic to the cadence of your WILD. At least I hear it does; I myself could never go to sleep while saying something out loud!

So, why do mantras matter? I think you may have already surmised that, but let me paraphrase: Meaningful mantras, by virtue of their mix of relevant verbal, symbolic, and metaphysical qualities, are a unique tool for WILD (and meditation, and prayer, and other similar “deep focus” activities). As such, mantras, through mere repetition, can help keep your mind clear and your goals intact. They’re pretty handy, I think, and, though they’ve been used for millennia, mantras seem to be regularly overlooked in the “Lie down, hold still, and wait” tutorials. And yes, mantras also have deep meaning for religious practitioners, including – but not limited to – Buddhists, Hindus, and even Catholics. If you seek focus in your efforts of mind or spirit, including WILD’s, then you’ll need to learn to gather mantras eventually – might as well start now!

Oh, and for what it’s worth, when you hear the guy on the news talking about some politician’s “mantra” of, say, “no taxes,” he’s not talking about true mantras, but a modern-day misuse of the term.

[**EDIT:** It only took five years, but I stumbled last week upon an excellent example of what I'm talking about here. This is what I just posted on the What Happened? thread:

Last week I was doing my usual Wednesday WILD attempt, which in general haven’t been going too well these last few months, thanks to problems with memory, focus, and way too much drinking on Tuesday nights. I was having the usual issues when suddenly I had a combination inspirational/huh-duh moment: I changed my mantra from a tired mix of “Here&Now” and “Remember” to one simple syllable:

“Dive.”

This worked on several levels.

- “Dive is what I’ve come to call the WILD process in my DV posts.
- It worked metaphorically, which helped me keep my mind focused with imagery of diving into the ocean of my dreams.
- “Dive” is an exciting word, one to which I can emotionally attach myself as I repeat it; i.e., as the dive went deeper, my repetitions sounded a bit like those of a submarine captain, which was both exhilarating and kept me focused).
- The word “Dive” is ridiculously easy to repeat!

The WILD worked perfectly, especially because I had an odd bit of HI that amounted to a screen-filling purplish eyeball with a red iris that filled my vision for most of the transition (not scary at all, BTW), keeping my “visual” focus pretty sharp. My dream finally began in a very bad copy of my bedroom, from which I left quickly and went about my LD. Later on, after a wake-up, I used the mantra again, and it worked exactly the same, and just as well.

... And to think it only took me 40 years to think of this!]

WILD Session 6: Doing the Dive

At long last it is time to put everything together. Yes, when you get to it, you’ll see that this week’s homework assignment is to attempt to enter the dreaming without ever losing waking consciousness... I hope that still sounds familiar at this point! Before we get there, though, let’s do a quick review of the tools we should now have available to help clear a path to WILD:

Mental Prep: We have built up our self-awareness -- by far the most powerful tool for lucid dreaming in the chest -- with a steady practice of Reverse-Reality Checks. At this point wondering about the significance of our presence in, and interaction with, our surroundings is second nature -- or at least reasonably constant by habit. Plus we’ve learned to stir intention, expectation, and schema into a soup rich with potential dreams once we are “in.” So mentally we may be ready for the big-picture event that is a WILD. Also, not so incidentally, we have generated much innate expectation just by participating in this class and, come time, intent should be much easier to set for the very same reason!

Timing: We have learned about when to attempt WILD -- for instance never at bedtime, but definitely as late in your sleep cycle as your schedule and nature will allow. We have learned the basics of Wake-Back-To-Bed, and understand why it is an important part of WILD. We’ve found our optimal personal time for WBTB. We also know now that WILD is a thing that needs to be attempted only when there is flexibility at both ends of the sleep spectrum (i.e., never attempt WILD an hour before you must be up for work or school). So now we’ve got the timing thing down.

Ignore the Noise: We have come to understand that the physical sensations that accompany the natural course of falling asleep -- “Sleep Paralysis,” Hypnagogic Imagery, vibrations et al -- are nothing more than “noise” that nature has included in the course of physically falling asleep that you normally would not notice. We know now that that noise should be regarded as mileposts marking physical progress, and nothing more. Above all, we have finally come to understand that SP is not to be feared or venerated by any measure, just noticed...at least I hope we finally understand that (SP is a stubborn subject).

Mantra: We have looked into ourselves and found a word or phrase that we feel might best guide us through the WILD process. We know that, for WILD, a mantra is not a magical or religious incantation, and should not be “supplied” to us by an “authority” like a guru or website. It is just a simple word or phrase that means something to us personally. We know that repetition of our mantra during WILD will keep us focused and, through its personal significance, help us to navigate the often twisty and bumpy path that is WILD.

So that’s it then. We’ve got it all in our heads and under our metaphysical belts: mental prep, timing, mantra, general attitude for success ... Wait. What is missing here? There must be something else ... Oh yeah, the whole **“lie down, hold still, and wait (LDHSW)”** portion of our journey!

I gave this bit a lot of thought (I swear!), and finally decided that I would leave specific front-end process of relaxing and beginning to fall asleep up to you. Seriously. You are each in charge of picking the LDHSW that best suits your interests, abilities, and nature. No, I’m not copping out; at least I’m pretty sure I’m not! Rather, I am acknowledging that somewhere in the eighteen bazillion tutorials and advisory threads out there waits the process that best suits your interests, physical status, and ability. I’d wager that you all have sampled or reviewed much of this stuff; hell, you likely know more about LDHSW techniques than I do! In truth, if you possess the tools of this course, any of the LDHSW methods will work just fine. In other words, the LDHSW portion of the WILD journey is by far the least important, yet, oddly, the most extensively covered. If you possess a strong sense of self-awareness, you know when you’re going to WILD, and you’ve got a mantra to repeat during the attempt, any or all of the popular methods for WILD will work for you, simply because the LDHSW portion of WILD just doesn’t matter that much. So pick whatever you want to do for this bit -- if you have the rest of the tools in your belt, then it’ll be a snap! Of course, if it is not, bring it up on the Q&A thread, and we will consider some popular LDHSW methods...

So now we’ve got everything. We’re ready. What’s next? Well, doing it ought to be next, right? But there might be a chance that you are still not feeling too terribly confident, or have a feeling, based on past experience, that you are in for an hour or so of just lying there with nothing happening at all. This would not be unusual, but do what you can to temper that insecurity with the knowledge and awareness you’ve accumulated these last few weeks.

This is important, because if you expect failure to happen then it will -- in truth I cannot teach or even advise you clear of that roadblock. Confidence is in your hands: you must go into WILD with a positive mindset, or else nothing will work for you, regardless of the quality of your individual tools. And, of course, you need to maintain this confidence even if you spend a few WILD sessions just lying there until you fall asleep or get up, thoroughly frustrated, because WILD doesn’t always work (I personally still fail at it more often than I’d like to admit). But I always lie down knowing that this WILD will be successful, regardless of what happened yesterday.

So I guess that what is next, what is left, as it were, is the final ingredient for successful WILD: a positive attitude. Before you finally attempt your dive, try to be sure, to thoroughly convince yourself, beyond a shadow of a doubt, that you are ready, willing, and fully able to WILD. Like most things in life, if you truly believe that you are up to the task of completing a WILD, you will do so...and if you are confident, working the dream initiated by a successful WILD will be that much easier.

So to summarize the summary, here are the steps to take for WILD:

1. Determine the best time for your WILD, “schedule” that time, and spend a day or so looking forward to it.
2. On the night before your dive, relax, don’t drink or do drugs, and simply, quietly, irrevocably set your mind, intent, and expectations on the mission of staying awake -- holding onto your self-awareness -- while you go to sleep....this bit is important; don’t take it for granted!
3. After several hours’ sleep (you should already have determined how many), wake up; hopefully you did so naturally, but a minimally intrusive alarm or helpful spouse or family member is acceptable if unavoidable. Remain awake for less than an hour, careful to fill your mind only with dreamy thoughts -- no TV, phones, or internet! Go back to bed.
4. Do your chosen version of LDHSW, with the inclusion of your mantra -- carefully, yet without effort, repeat your mantra with every breath. Let it support you, guide you or at least give your wandering mind something to cling to while you wait for, and then endure, the passage to sleep and dream. Carefully maintain your waking awareness, your sense of self, and remember, at all times, who you are and what you are doing.
5. Mind the noise! Don’t let SP matter, skip the vibrations et al, and keep HI from turning your natural progression to sleep into some ersatz mystical experience. Note it all, and use some of it (HI in particular) to form your dream if you must (see step #6), but don’t be taken by the “noise,” it does not deserve you!
6. Form the dream. With awareness in place and the difficult bits of falling asleep behind you, allow yourself to enter the dreaming, and let the fun begin. Be sure to have a dream on tap, because your dreaming mind might not be ready for you, and might just haphazardly deposit you into your room! Form that dream from your own invented schemas, or use HI to “work” images into a particular dreamscape ... you know the drill!
7. Dream; and do so with the same waking awareness that you had before you lay down.

So that’s it; there is no more. It is time. If you were able to pay heed to the rest of the course, you are fully ready to attempt -- and complete -- your WILD.

WILD Session 7: The Other WILD

So we’ve learned about, studied, and prepared for classic WILD, and we’ve discovered one major aspect to all of this that haunts us, and makes us wonder: This is a crapload of preparation and work that promises only a distant chance of a lucid dream; isn’t there some other way to do WILD that bypasses WBTB, the noise, and all that unnatural focus?

Why yes, yes there is. It is possible to enter a dream without losing waking awareness without orchestrating and enduring all that stuff associated with classic WILD. It is currently known as **Dream Exit Initiated Lucid Dream**, or DEILD, though like WILD it existed long before the term was invented. If your self-awareness, memory, and intent are strong but your patience (and, if you’re like me, your sleeping skills) are low, this might be just the technique for you!

What is DEILD? In a nutshell, DEILD is simply the act of briefly emerging from a dream – preferably a LD, but you can DEILD from NLD’s as well – gathering your self-awareness, and then stepping back into sleep and dreamland, this time with your awareness and intentions intact. Since it occurs, almost exclusively, during the very late cycles of REM, and does not ask you to find a way to go back to sleep, DEILD does not require a mantra, sidesteps most of the “noise,” and shouldn’t need any advanced “lie down, hold still, and wait (LDHSW)” techniques.

So what does it need? Well, of course it needs the fundamentals -- self-awareness and memory -- plus expectation and well-set intentions (from as long ago as the night before is just fine). But every LD needs that; what DEILD also needs is a real desire on the dreamer’s part to capitalize on the dreaming/waking cycle and use the force and moment of a dream to initiate another, this-time-lucid dream.

Huh? It is way simpler than it sounds, and pretty easy to do, once you get the hang of it. All you need to do is recognize that you are waking from a dream, and then, preferably without ever fully waking up, allowing yourself to drop back into that dream, this time (or still, if you were lucid earlier) with waking awareness in hand.

For instance, let’s say you are enjoying a LD about a ride on a school bus that’s dropping kids off on the moon. You feel yourself beginning to wake up – you know the signals: the dream loses consistency, you start to hear your breath and feel the light pressure of your blankets, and you know that waking life is approaching fast. But with DEILD, instead of waking up naturally, you choose instead to return to sleep and the dream. You step off the bus and stroll the moon, awareness intact ... no need, thanks to your dreaming mind’s lingering presence, to form a new dream, because it has one to offer (be prepared, though, for the moon or bus to be much different than the previous dream, though, as your dreaming mind re-spools). Of course, you are lucid, so you can leave the dream or form a new one at will, all without juggling noise or repeating mantras!

The process is simple, though it does need some practice and, of course, mental prep:

1. Recognize that you are waking up from a dream. If you are emerging from a LD or “recovering” from a false awakening (FA), this will be an easy step, for obvious reasons. However, if you are in a NLD, then things are a tad more problematic, but not insurmountable: what you need to do then is to have previously prepared yourself, via earlier mental prep, to be ready for the signs of waking up. One of the main purposes of this class was to instill into you a natural sense for that preparation so, if you’ve been doing your homework, you very likely will recognize if not actually expect that you are exiting a dream when the time comes. Also, you might have the awareness necessary to dive back in without all these silly instructions!

2. Keep your eyes closed and, yes, hold still. As the dream wraps up and sleep wanes, your body is going to start tripping automatic switches to bring you quickly and painlessly back to waking-life consciousness. You can’t let that happen. The first, and most effective “anti-switch-tripping” device is to keep your eyes closed to hold back morning’s light (even if you’re sporting a sleep mask). Next, to hold off the physiological progression from sleep to waking, keep yourself as still as possible – don’t roll over! You should be getting an assist of sorts from your body, as REM Atonia is usually still lingering during the first moments of dream exit, so you can let the “SP” work for you (finally, you say?). LaBerge suggests simply “rising” out of your frozen sleep body and walking right into the new dream; if you can do that without suffering delusions of OBE, then go for it -- it’s a good plan. Otherwise, read on.

3. Remember. Run your recently exited dream through your mind, and decide if you want to return to it. If you do, then simply visualize the dream -- it should still be readily available -- and picture yourself among its scenery and events. If you don’t care to return to your previous dream, then pause for a moment – without opening your eyes! – and imagine where you want to be (this phase can even be planned -- when you set your intentions the night before, you might include the scenario for the DEILD dream).

4. Reenter the dream, self-awareness intact. No need to explain that bit, I think!

That is it. Not much different than Lie Down-Hold Still-and Wait, is it? And yet, it is, because you are already lying down, REM Atonia (aka SP) is likely still holding you somewhat still, and though there may be a brief wait for sleep to restart and your dreaming mind to get back into motion, it is not long, because in real physical terms you haven’t completely woken up yet.

Then why, you ask, isn’t everyone just doing DEILD’s and LD’ing with ease? Well, mostly because DEILD is still a very difficult process, thanks to the required mental prep noted in step #1 above: it takes a good chunk of self-awareness to identify your “dream exit” state, and building the capacity for that self-awareness takes time and serious care. DILD, by comparison, is a much easier process, because all you really need do is deeply anticipate a LD, file away lots of dream signs, and make RC’s a habit. DILD, though, is much more hit-and-miss than is DEILD -- at least theoretically.

So that, in a nutshell, is DEILD. I suppose I should have given it more attention, but in the end it is difficult to say more about it without restating all we’ve already discussed about WILD. The things that matter in WILD are the same things that matter in DEILD.

*Good luck, and Best of Dreams to you all,
-- Sageous*

Dream Views Manual (Part 2)



WILD - The Five Phases Of WILD by Seeker's

Wake Initiated Lucid Dream, or WILD, has been called the Holy Grail of lucid dreamers. It is a powerful, yet somewhat elusive technique. Imagine, being able to pass from waking into a lucid dream with no lapse in consciousness, or being able to have a lucid dream every night; It is no wonder so many people are interested in learning to WILD.

Many questions have been asked about WILD and much information has been shared on the forum about it. This tutorial is an attempt to guide you, step by step as you learn to WILD using techniques I have learned from personal experience and from reading posts on this and other websites. This tutorial is far from being a comprehensive guide, but does contain the basics and some pointers that will help you learn to WILD. If you feel any of this is in error, or have anything suggestions on how this tutorial can be improved, please contact me.

For now, good luck learning to WILD
-Seeker

The WILD process can be broken into five distinct phases, these are:

- Phase 1: Preparation
- Phase 2: Awakening
- Phase 3: Relaxation
- Phase 4: Transition
- Phase 5: Stabilization

Since this tutorial is so long, it has been broken into a series of posts, one for each phase. Please read and apply them in the order they appear in this document. It is not necessary to master a phase before continuing to the next phase, but mastery of all phases is required if you wish to become proficient with WILD.

Phase 1: Preparation

This is the easiest phase! I guarantee you can do this on your first attempt. Before you can hope to have a successful WILD, some preparation is required. This is true of both the case when you WILD during the night or when you WILD from an afternoon nap. The following preparations should be made:

- **Environment.** Make sure your environment is a calm and relaxing one. There should be no sudden noises that could disturb you. This is especially important in the later phases when disturbances will most likely jolt you awake. There are few things that can break your concentration faster than someone in the room coughing, or your partner tossing and turning. You might want to consider using earplugs or purchasing a white noise generator. Make sure the room and your bed are at a comfortable temperature. Discomfort tends to grow and turn into extreme frustration while you are attempting to relax. A bed that is too warm will continue to annoy you and will begin to feel like an oven as you progress. A bed that is too cool will soon feel like an icebox. Your room should be dark or have a constant low level of illumination. If car headlights are constantly shining on your walls, they will become a distraction. Also, some people have reported that they have trouble keeping their eyes closed during the transitional phase, a dark room will help!
- **Intent.** You have to make up your mind that you are going to stick with it. You must realize that you will most likely be giving up 30-60 minutes of sleep. You will begin to become frustrated and be tempted to just give up. Keep trying, it is well worth the effort! Mentally picture yourself having a WILD. Daydream about what it will be like. Now is also a good time to decide what you want to accomplish in your lucid dream.
- **Mental alertness.** Nothing will spoil a WILD attempt faster than not having a clear head. This means that you should keep refrain from drinking or taking drugs before bed. Stay away from anything that will affect your mental clarity. This also includes Melatonin, which, although is a great sleep aid, generally makes your thinking too fuzzy to successfully WILD in the morning.
- **Time.** Decide at what time you want to attempt your WILD. If it is during an afternoon nap, there is little to do here, however, if you plan on WILDing during the night, you need to set an alarm clock for 5-6 hours after you fall asleep. You will most likely have to experiment and refine the time as you progress. Try to find a time during which you can wake up enough and get back to sleep in a reasonable amount of time.

You are now ready to sleep and wait for the awakening phase.

Phase 2: Awakening

The alarm clock goes off, time to WILD! Dazed, you wonder what to do. This is a critical point in your effort to WILD, it is also an excellent time to empty your bladder. A full bladder can become a major distraction in later phases. During this phase, you must awaken your analytical mind somewhat. The trick is to find the right balance. If you fail to awaken your mind enough, you will awaken again in a few hours and be upset because you fell asleep. If you awaken too much, you will spend a LOT of time trying to become relaxed. You will need to experiment and find the right balance for yourself. With practice, you will be able to achieve a good balance most of the time. Here are a few hints to help you find this balance:

If you find that you are falling asleep before completing WILD, try one or more of the following actions:

- Sit in your room with the light on for a few minutes
- Work some multiplication problems in your head
- Work a few lines of a crossword puzzle
- Open a window and let some fresh air in
- Drink a caffeinated beverage

If you find that you have difficulty becoming relaxed enough to continue, try one or more of the following actions:

- When the alarm goes off, just lay in bed in the dark with your eyes open
- When you go to empty your bladder, keep the lights off
- Think of calm and relaxing things
- Think of how nice your bed feels

- When the alarm goes off, just lay in bed in the dark with your eyes closed, do not allow yourself to awaken too much.
- Lie there and imagine or daydream of a dream landscape you would like to visit. Do this calmly, try to be observant without allowing your conscious mind to engage fully.
- This method combines this phase with the relaxation phase and will result in some cases in your passing directly into the transitional phase.

You are now ready to begin relaxation.

Phase 3: Relaxation

This phase has been reported by many as perhaps the most frustrating part of the whole WILD experience. You will usually be all hyped up and ready for your WILD. This in turn makes it more difficult to relax so that you can WILD!

Little things will annoy you as you try your hardest to force yourself to relax. If you are having problems relaxing, it is recommended that you review and practice one or more relaxation techniques.

The most important thing is to relax. You must let it come naturally and unforced. Forcing yourself to relax is about as effective as putting out a fire by throwing gasoline on it! It is also helpful to daydream a little at this point. Imagine yourself floating on a raft out in a calm ocean. Can you feel the waves rocking you gently? Can you smell the salt air and feel the sun warming your body? Can you hear the gulls in the distance and feel the light breeze blowing through your hair? The more relaxing and realistic your daydream becomes, the quicker you will find yourself relaxing.

One very important thing is to find a position from which you can relax. You can WILD from your back, front, side, it does not matter as long as you can be comfortable and relax. Please note that everyone's experience is different. Some people experience very vivid imagery and sensations, others experience nothing at all. Some people experience these sensations for a few minutes, some only for seconds. As you relax, you may experience one or all of the following:

- **Light patterns.** As you begin with your eyes closed, you may begin see light patterns behind your eyes. These might points of light that change and move around, or they might be more like curtains of light that float across your field of vision. Watch them passively as they float and evolve. Do not stare too intently; this will wreck your relaxation. If possible, just lie there quietly and pretend you are watching a movie about light patterns.
- **Hypnagogic Imagery.** As relaxation progresses, you will begin to see images or dream sequences. At first, these will be fleeting and will evaporate if you focus on them. Again, try to view them passively. As you become more relaxed, they will become clearer and will last longer, however, keep vigilant! If you let your attention get caught up in the hypnagogic imagery, you will most likely fall into a non-lucid sleep. Along with images, you may experience sounds. It might be a mild and soothing sound, or it could become quite scary. I've have heard loud sounds like the screeching of tearing metal. Just remain passive and watchful, do not allow it to scare you into full consciousness.
- **Physical Sensations.** In the final stages of relaxation, just before your body begins to enter sleep paralysis, you might feel like you are floating or that your body has become numb. Everything will feel a little fuzzy. Hypnagogic imagery can increase in vividness at this point. Just go with the flow and observe these in a relaxed state.

You are now entering the transitional stage. As the hypnagogic imagery and physical sensations increase, begin to count and repeat over and over that you are dreaming:

“1, I am dreaming”
“2, I am dreaming”
..
..

Try to stay focused enough so that this does not just become an automatic thing. If you find that you are losing your place, concentrate a little harder on what you are doing. If you find that you are spending too long counting, then drop the numbers for a little while and just repeat “I am dreaming” until you relax some more. Continue this as you enter into the transitional phase.

Phase 4: Transition

The transitional phase of WILD can be one of the most exciting aspects of the whole process. Some dreamers report strange and unusual sensations and sounds. It is also this phase that scares the most people, some to the point of abandoning their efforts to learn to WILD. To state it simply, transition is the process by which you pass from waking into the dream. During this time, your body fully enters sleep paralysis and your senses to the outside world are severed. There is nothing unnatural or harmful about this phase, it happens to you every time you fall asleep. The only difference is with WILD, you are conscious and can experience the transition. Transition seems to be experienced differently by each person. Some report mild or no sensations, for others, it is a ‘wild’ ride. Each transition seems to be unique for a person as well. Each time I WILD, there are a different series of sensations.

Do not forget to continue counting as you go through transition. As transition progresses, you will probably experience one or more of the following:

- **Physical sensations.** During transition, physical sensations are wide and varied. Some people report only numbness, others report a gentle sinking sensation. Some people report experiencing a gentle buzzing sensation, while others report vibrations so intense that they feel they will fly apart. Many people report a feeling of being pulled into the dream with extreme acceleration. The best thing to do with physical sensations is to create a ‘daydream’ around them. If you feel extreme vibrations, imagine yourself flying through a series of force fields and that every time you pass through one, it makes a vibration. Imagine that you are flying toward your lucid dream. Some have reported that they can feel their eyes begin to move rapidly back in forth as if they were in REM, making it difficult to keep their eyes closed. There are a couple of things that can be done to fight this. The first is to make sure you are sleeping in a dark room so that when your eyes open slightly, you will not become distracted. The other is to wear a sleep mask to bed. Sometimes the little extra pressure on your eyes help to keep them closed.
- **Visual imagery.** While in transition, visual imagery varies greatly. You may see total blackness, or perhaps only see a still image. You may see geometric patterns chasing each other or streaming past your vision at a high rate of speed. One time, I watched an incredibly blue butterfly slowly open and close its wings while I was in transition. Again, do not examine them too closely, pretend you are watching a very odd movie. If possible, also incorporate this into you ‘daydream’. Often, when I see a bright light in front of me, I pretend that it is my lucid dream and that I am flying to enter it!
- **Audio/voices.** Many people report hearing things, others hear nothing. Sometimes a person will hear nothing, the next time, they will hear voices. The important thing to remember is that these sounds cannot harm you, they are either totally inside your head or ambient noise that is being distorted as you transition. It is best to just sit and passively listen to and accept them as part of the WILD process. If you become nervous or frightened, you will fail at WILD. Likewise, if you become too fascinated with them and concentrate on them too much, you will also fail.

In the final stages of transition, all sensations you have been experiencing will begin to fade. Be careful at this point, it is very easy to slip into a non-lucid dream or to wake up.

**Phase 5: Stabilization*

Congratulations, if you have made it to this phase, you have successfully WILDed!

It is important to stabilize your lucid dream at this point. Many people make it this far and then lose it, what a waste after so much effort!

A number of things can happen after transition, fortunately, all of them can be dealt with.

- **Blackness.** Sometimes you will exit transition into blackness. This can be very frustrating because most likely you will assume that you are back in the relaxation phase and have failed. If you find yourself in this situation, open your eyes slowly. Chances are that you only have your dream eyes closed and will be opening them into a lucid dream.
- **False awakening.** On occasion, you will exit transition and find yourself right back where you started, lying in your bed. Be careful, it could be a false awakening! If you

find yourself back in bed, immediately perform some reality checks. Chances are you are dreaming at this point.

- **Becoming excited.** OK, you’ve done it! You are now looking around in the world of your lucid dream. You become excited, your heart races, the dream fades. It is so easy to become overexcited, especially when you have completed your first WILD. Remain as calm as possible and execute stabilization techniques such as spinning.

How to WILD, by BillyBob

WILD

Before we start I need you to clear your mind of all the preconceived notions you may have about WILD. All of this crazy-advanced-hard-to-understand mumbo jumbo thats been being piped into your head was based on false premises. The people that were trying to teach you how to WILD actually had no idea what was happening when they laid down and WILDed, they just knew that what they did worked for them, and thus it must work for others.

Alright, so that was a very big statement that I'm sure offended a whole bunch of good people. Let me call out one fact to justify what I've just said: have you ever heard of a WILD technique that works for everyone?

Understanding WILD can seem incredibly daunting. Why is it that some people seem to be incapable of WILDing, whereas others go to bed and get it right on night one? Also, why don't we all just WILD randomly during the day as we're lying still watching the tube?

I've been WILDing for a very long time. To be perfectly honest, I haven't been able to go one week without thinking about what the heck separates me, and others that can WILD, from everyone else. About a month ago, it all started making sense.

Ok, so enough ranting. What the hell is "WILD," and why is it so damned hard? It all started a very, very, long time ago. Surely before Homo-sapiens ever walked the earth. To make things a bit more understandable for you however, I'll just pretend it started with us. Imagine you are early man. All you would have to kill your dinner with would be like, a rock or stick. We aren't very stealthy animals. Our smell, height, and lumbering two footed gait would warn any prey of our location long before we got anywhere near close enough to kill it. Instead of dying out, we learned to lay in wait for our prey so as to kill it when it got too near. This involved very long bouts of lying perfectly motionless in our hiding spots, listening intently for either the sound of prey approaching, or the sound of a predator coming near (both would mean the difference between life and death).

Now imagine that you pass out into the dreamworld/sleep paralysis while lying there. You're dead. Your genes never got passed down. The reason you have never been able to WILD is because of the system evolution set in place to solve this "passing out" problem. The first step to learning to WILD at will is understanding the system. What is the system? Like all good evolutionary solutions to problems, it is elegantly simple. "Do not enter REM/sleep-paralysis when you are waiting for something to happen."

Think of the human laying there waiting for a sound. He has done this a thousand times over the course of his lifetime. Sitting here is second nature to him. Maybe he's thinking about his woman's beautiful, soft, supple cooking or something like that. His conscious mind is wandering, only barely thinking about the hunt. Yet he does not enter his dreams. The reason for this is because, subconsciously, he has told himself to "listen out for any odd sounds, and then alert my consciousness instantly/shoot me up with some adrenalin when you hear something so I can make the kill."

Do you see the connections between this and what almost everyone does when WILDing?

When learning to WILD, the majority of people learn about these crAzY things like "Hypnogogic Imagery, Sleep Paralysis, Auditory Hallucinations, etc." and are then told that these things "lead up to" dreams. What happens when they lay down to WILD? They subconsciously tell themselves "watch out for hypnogogia/paralysis/voices as these things mean you are closer to lucidity!" This is the exact equivalent of what the prehistoric human thought. This is the exact thing the system watches for to keep you from falling into your dreams!

Something that few seem to realize: all WILD techniques are simply mind exercises to keep you from thinking about what you're trying to do (ie. get into the dreamstate) as you do it. They are merely attempts to keep you distracted as you slowly drift off to sleep. As I said earlier, all of these techniques are, unfortunately, completely misguided. The inventors of them are merely trying to teach others what they personally found out how to do through trial and error, without having any idea of what the heck is going on. This has led to methods that would have you lay doing a mental exercise for 15, 30, 60, or even 120 minutes before you fall into a dream. Insane.

These lengthy WILDs work by having the user focus all their willpower on counting/relaxing/seeing a visual image. With all their willpower directed at this one task, thoughts of "was that hypnogogic imagery" and all other forms of waiting for something to happen vanish. Unfortunately now that all of their conscious mind is focused on getting a task done, it becomes impossible for them to fall asleep (and thus dream). Only an hour later when lying still for so long finally overcomes their conscious willpower do they enter a dream (this is the best case scenario. Most just pass out).

So, what does it actually take to successfully WILD?

WILD Simplified

Fortunately, WILD is very simple indeed. There are only five steps:

- Sleep beforehand
- Get up for a little while
- Calm your body/mind
- Use an anchor
- Fall asleep

"Fall asleep!? But I thought I was trying to consciously enter a dream!" This is where the Anchor comes in.

The anchor is something you passively "keep track of" as you let your mind more or less wander. It is the tether that holds your prefrontal cortex just functioning as you drift into the dreamworld. Notice that this is an extremely passive method of entering your dreams. It is the shortest approach possible. If you have something like "FOCUS ON YOUR BREATHING" dominating the forefront of your mind, its going to take a very, very long time to actually enter a dream. Using the anchor method however, you're bargaining away part of your awareness for a speedy entry into a dream. You could literally enter a dream within one minute once you have this down.

So how is this possible?. I'm sure some of you have heard of "FILD," "DEILD," and tactile WILDing. These all use anchors in the same way what I'm explaining now does. Unfortunately, they use really shitty anchors. Anchors must be extraordinarily 'solid.' You have to be able to sense them while your body is numb - on the brink of losing consciousness.

What is the best anchor I have found so far? Dull aching pain. Its as simple as arranging your legs into a slightly different position that creates pain. Perhaps putting a hand beneath your body... Pain works best because it is one of our most primordial feelings. It easily reaches you as you drift off.

Ok, ok. Perhaps I've gotten a little ahead of myself. Let me explain what would be typical of this WILD:

1. Sleep first.

This WILD depends on you being both pretty tired, as well as you being near a REM period. Sleep through one or more REM periods before getting up to do this. Typically somewhere between three and eight hours. I usually sleep for six. Use trial and error to find a good time for you. Everyone is different.

2. Get up for a little while.

If you just woke up, reached over and hit your alarm clock, then rolled over and started WILDing, chances are you'd fall unconscious. Some people can simply lie in the dark for a second and then start and get it to work, but the majority will be very groggy at this point. Get out of bed, maybe turn on a lamp, use the restroom, get a sip of water, or whatever. I would do some reality checks now, which help to wake up my prefrontal/logic.

Usually I stay up for about ten minutes just sitting cross legged on my bed staring into space/reality checking. If I feel any fear about the impending WILD (for example, if I just came out of a nightmare), I'll look at some soothing or beautiful pictures that I have printed out lying beside my bed. Basically you don't want to think about anything much during this time. Don't get on the computer, or crack open a book etc. You want to be able to pretty easily fall back asleep once you start WILDing (but again, you don't want to instantly pass out). Use your own discretion.

After a little while, when you're feeling tired, but not like you're going to conk out (would you drive your vehicle without fear of falling asleep behind the wheel?) go ahead and lay down like you normally would to go to sleep. The time you stay up can be anywhere from five seconds, to fifteen minutes. Depends on the person. Trial and error.

3. Relax.

Now you want to relax. This will serve the double purpose of keeping you from insta-passing out and also give you a moment to clear away any pre-WILD expectations. As a rule, you're going to want to think about the coming dream as little as possible from the time you wake up until the next morning. Remember the caveman? You don't want to fall into the trap of expecting something to happen. Just passively relax.

I usually relax body part by body part. for example, I'll start at my legs, relax them a little bit with each exhale, then move on to my arms, torso, etc. Do this organically. Don't be thinking "OK! Going to relax my left arm for 10 exhales, then go to my right leg for 10 exhales etc." Your body is already going to be pretty relaxed since you just woke up. Just relax randomly and in whatever order you want. This is all really just a way for you to allow your mind to unwind and start getting closer to sleep.

4. Use the anchor.

If you're using the pain anchor I mentioned earlier then you should have initiated some type of dull throb when you first laid down. If you're on your side, put your knees in a strange position where they're slightly uncomfortable (the pain will increase as time passes). If on your back, put your hand underneath you, etc. Use your imagination, just don't be stupid and cut off the blood to something where you're going to have to get it amputated when you wake up. Now that you've finished relaxing yourself just lay there and allow your body and mind to drift off to sleep like you normally would. As you're drifting, keep that pain in your awareness. Don't let it dominate your awareness, just continue to notice it.

That pain is your anchor to consciousness. Just keep noticing it as you slowly go deeper and deeper into sleep. Rather than just passing out like you normally would if you did this before sleeping for 3 to 8 hours, you will eventually, inexplicably, be in a dream.

To recap:
WILD is simple and has five steps,

- Sleep for 3 to x hours
- Wake up for a little while
- Lay down and relax your body and mind for a short period
- Notice your anchor as you drift into sleep.
- Drift into sleep

Do NOT think about the logic of what I've explained in this tutorial when you get up to WILD. Just get up and do what you know you have to do. Its as simple as getting up and then falling back asleep. As an important side note: do not move during your WILD. It is imperative that from the time you lie down to WILD to the time you wake up the next morning that you do not move. Yes, you can swallow, burp, etc. Just don't move your body. Moving will interrupt your body's natural progression into sleep paralysis/the dreamworld.

CONTINUATION: WILD - The Guide To End All Guides

Welcome to my WILDing guide.

There's three different tutorials in this one topic, the way this works is that you read through the post just like normal until you come the method selection section, you can either go with the "concentration induced WILD" , "The Third Eye Technique", or go all freestyle on my ass and use the "Make your own method- method".

WILDs are very strange things... sometimes you'll fall directly into the dreamstate like 10-20 minutes after starting, and other times it can take a good 2 hours to begin to actually enter a dream. Keep in mind that very rarely will two WILDs be exactly the same. Yes you can go to bed a couple minutes after you wake up, the important thing is to have been asleep 5-7 hrs before getting up to WILD, everyone's different with WILDing, thus what you have to do is adjust the WILD to fit with your bodies needs, ill try and make out a step by step list of things I do before, during, and after I WILD. Ill also mark the parts that can be changed for your special needs. I'll label these in steps.

1. Try to have had a steady sleep schedule for the past couple of days (ex: going to bed at 8 PM and getting up at 6 AM for the past three days)
2. Now go to sleep at the time you've been going to sleep at for the past three days and set an alarm to wake you after you've slept for 5 1/2-7 hrs (I usually go to bed at 8 PM and set my alarm for 3 AM on WILDing days)
3. Wake up at the set time (remember you MUST have slept for at least 5 1/2-7 hrs or else it will be extremely hard to WILD, also I find it helpful to have at least another 2 hrs of darkness outside when you wake up after your 5 1/2-7 hrs, but its not necessary) at this time you'll most likely feel outright like a pile of shit (yeah I tried) but seriously even if you don't feel you need to, you should use the restroom and get some water. Just don't drink a glass or something for obvious reasons.
4. Commence The WILDing method you've chosen,

When your LD ends wake up, and **DO NOT GO BACK TO SLEEP**, no matter what. Even if you feel that you could WILD again just DON'T, because all that dream imagery you just saw and heard would be deleted, you should also remember to do a reality check or two right after you wake to catch any pesky false awakenings. Write down your LD and have a good time reminiscing about it all day long (again, don't go back to sleep no matter what. when you get up the next morning [even if you only sleep for 20 minutes] that amazing LD you just had will feel like it was just a normal dream, foggy and broken.

IMPORTANT NOTES:

These are things I might not have put into that huge lump of text.

- Have a regular sleep schedule; this helps LDing in every method
- Reality check all the time, any time you see something that's either "wrong", just slightly odd, or unexpected... do reality checks, and really test your reality, think about what could happen if it were a dream (think happy things not nightmarish scenarios) do a nose reality check and then look at the back of your hand a few times to see if you have six fingers
- The days before you WILD work out a scenario for what your going to do, what I used to do (and still occasionally do) is the day before WILDing I think about exactly what I'm going to do in the LD such as: "get out of my dream-bed, do a reality check to see I'm dreaming, focus on hand, focus on sound, jump out of window and fly to work,

- tell boss off, punch boss, attack co-workers, etc.". (This isn't at all necessary but it gets you fired up for the WILD). go through exactly what your going to do over and over the day and night before you WILD until you have it totally set in your mind, when you wake up to WILD go through it in your head maybe once, but don't think about it too much or you'll have problems focusing when your WILDing.
- Do reality checks a lot during the 5-70 mins before your WILD
 - Don't eat during the 5-70 minutes your up before WILDing. If you do, The WILD will likely be harder (not sure why, I think it has to do with their being a taste in your mouth as your WILDing, thus drawing your attention to this world, which in affect makes it harder for your subconscious to create a fake world. or maybe its just a mental handicap I've put on myself, I've never been able to WILD after eating.)
 - If you feel an itch or start to feel super uncomfortable during your WILD, DO NOT MOVE, it will go away very quickly if you just focus more on doing to the WILD (ie. breathing in and relaxing further) In the event that you were to move then just go ahead and roll over and hope you get a DILD
 - In the middle of WILDing some people say that they suddenly feel their pulse rising exponentially, don't get freaked out. Keep in mind that anything you experience is totally natural and happens EVERY TIME you go to sleep at night, it's just when your WILDing you get to consciously spectate

QUESTIONS AND ANSWERS:

Ok I'm gonna put some common questions that almost every noob asks in here, and ill try to into depth about the answers.

Q) How do I know when I should begin WILDing after my 5-7 hrs of sleep?
A) This is one of those questions that everyone asks and almost no one knows the answer to. The truth is, you don't know when to go back to your bed for WILDing, this alone is the reason why so many noobs have trouble with the WILD method.
Finding your target amount of time to stay awake before WILDing can take quite a few nights worth of failures (its worth it though, because once you find it you can use it indefinitely). Anyway, here's how I first found my target wake time; it took me about a week:

I went to bed at a set time every night and got up to WILD at a set time (went to bed at 8 PM and got up at 3 AM) this will change for everyone so just set a time where when you get up for your WILD in the night you still have 2 hrs of total darkness (i.e. if the sun is rising at 6 AM get up at 4 AM). Now that you've been going to bed for the past 3 nights at say, 8 PM and getting up at exactly 6 AM every morning (without the WILD in-between) you can begin to find your target WILDing time. Go to bed at 8PM at get up at 3 AM (again your hours will likely be different just be sure that you have 5-7 hrs of sleep before you get up to WILD [excluding an added 30 mins of relaxation after you get in bed]). Now when you wake up to WILD, stay up for 30 minutes without cola or any substances to wake you up, then go to bed and WILD. If you find that you almost instantly become incapacitated and fall asleep then up your time to an hour, but if you find that you're TOO awake to WILD (you lay there doing your technique until its time to get up in the morning) then you should down your time by up to 10 minutes. Keep adding and taking away minutes in 10-minute increments until you find a time where you can lay doing the technique for at least an hour and by then you should have had a WILD anyway.

Q) Is it possible to WILD before sleep?
A) This all depends on the person. Some people have reported only being able to WILD before sleep, some only after sleep. Others say they can WILD at will- that there's no difference in WILDing before or after sleep. Personally I've WILDed both before and after sleeping. It was just a little harder to do before I slept (not impossible). Still I only do it after sleeping. The WILDs themselves are much longer, more vivid, and more coherent.

Method number 1: Concentration Induced WILD

For starters, you absolutely should NOT be waiting for HI or any other thing that people say they see, I myself rarely feel SP or see HI, I don't "see" anything because I'm so focused on my breathing. Lay on your back in a comfortable position, make sure there's no pressure points on your body that are going to interfere with your relaxation (ie. a pillow that's making a slight dull ache on the back of your head or something like that). now that your in a comfortable position make sure your arms aren't laying on your body and begin to breathe deeply through your mouth (by deeply I don't mean try and suck in as much air as you can, but rather as much as feels comfortable. Also, you want to stimulate a slight {note the use of the word slight} noise when you breathe in {don't try to be totally silent as your sucking in}) as you breathe in say in your head "one", then as you breathe out say "I'm dreaming". As you breathe in and say the number your at, its helpful (for me) to see the number scrolling into my view with the numbers before and after it on the top and bottom of it (try to see all this as your saying the number) also try and see the words "I'm dreaming" appear and fade out in your head as you say them. You only have to see them until you get to about number 100-150, then you'll find that its much easier to concentrate and not have random thoughts pop into your head by just listening to yourself say the words
You will have trouble concentrating at first, if you ever find your mind wondering off thinking about what you watched on TV last night or something random just put more force into saying the number and sentence, If ever you feel that nothings happening just keep in mind that your body hasn't moved for X amount of time. Keep doing this until your in the LD. Don't get discouraged if you count to like 400 or something, that just means the WILDs 400 breaths closer

Look at the entire WILD like this: Your mind doesn't get any stimulus from you saying stuff like: "move my eyes" or "reposition my left arm". your mind doesn't get any commands to move your body for so long that it says: "wtf he must have fallen asleep or something."
Also, (just so you know) the reason your focusing on your breathing is to keep your mind awake and aware (If you didn't have something you were concentrating on you would begin to think about random meaningless thoughts that would lead to you losing consciousness)

Eventually you will find yourself experiencing one of the following, this will tell you that your entering a dream:

- falling through your mattress and landing on your dream-bed.
- suddenly finding yourself standing up in the middle of some random dream location fully aware of your lucid state (a massive eternal field of flowers for example).
- seeing a light in your vision and suddenly being pulled towards it at what feels like an extremely fast speed.
- Suddenly you find that your eyes are open and your sleep mask gone
- You feel a single wave of energy pulse through your body, suddenly you feel revived and like you just cant WILD any more
- You don't feel anything at all, you just have to risk all and do a reality check (this is very uncommon, remember that if you do a reality check then your giving up all chances of having a successful WILD after that. {in the event that it says your not asleep})

(those are just a few, the experience varies with the person)

Method number 2:The Third Eye WILD

Lay on your back in a comfortable position, once you get good and ready tell yourself "I will not move until I make it into a dream"

This promise is important, if ever you move after saying this, you pretty much void all the time you've spent relaxing your body. Now that your laying down on your back in a comfortable position, its time to begin the method. I've outlined it in two easy to read steps :

Step One:

Bring your body into a state of total relaxation and freedom from your inner voice, you can do this many ways but the one that I've found to be most efficient is as follows: (note: your not trying for vibrations, or magical balls of light to be floating around your vision, your merely trying to relax as much (and more than) the amount your body is capable of relaxing)

My Relaxing Method: Begin to clear your mind, do this by counting off your breaths (ie. "breathe in, breathe out- one" "breathe in, breathe out- two" etc) every time you notice your mind is wandering focus harder on the numbers your counting off.
Keep doing this until your mind is free from crazy thoughts and rampant worries (it usually takes me about 10- 20 minutes, or about when I reach my 300th breath out, this may vary for everyone, but its best to at least count to 300 (I've been doing it every other night for 13 months and it takes me to 300 before I'm "there")

Step Two:

Now your body and mind are in a tranquil state of awareness. your mind is calm, your body numbing, at this point all there is in this world is your body, your not thinking about whats going on around you or anything other than that. **DON'T TRY TO BECOME MORE AWARE** If you did what I just told you to do in step one, then your mind should be free of thoughts, the serenity of it will be amazing. you wont be thinking verbally, but in thought packets, that you can't hear (sounds odd now, but its totally natural when its happening, if you don't experience this then go back to counting off your breaths until your mind is free of thoughts. then continue this step). Anyway here's your task, do it, and you'll be thrown into an LD:

Task: continue to only think about relaxing your body, your no longer counting your breaths, but your still noticing them. every time you breathe out make your body more numb/relaxed than it was before. Do this for a little while (not being too excited about what's happening, but still relaxing with every breath out) eventually you'll start seeing vivid images in your head, these go on for a little while (you've stopped focusing on your body but your still trying to relax when you breathe out) eventually these HI will be extremely vivid (I can't give you a time-frame because this state of mind is timeless, your breaths blend into one another and you lose all perception of time and space), you'll see a random object, maybe it'll be a cup, or a lollipop. suddenly that cup/ Lolly will be setting on a table or on the ground or something (it'll be more than seeing it in your head, its more of your looking at it with your eyes) This is when you have to start thinking a little bit.

The cup is now sitting on the ground, notice what type of ground its one (ie. "oh the cup's on cement") the trick is to not say "the cup will be sitting on grass" or something like that. Your not making the scene, the scene is being built in front of you. you just have to stay conscious while this is happening. This all happens in an instant. you'll see a cup, then the cups sitting on the ground, then you suddenly (without conscious action) look up and see a bouncing highway, then you realize your legs are moving, and finally your fully in, it turns out that the scene you just watched being created was you taking an afternoon jog down the sidewalk in front of your house. your now in a lucid dream, you can do anything your heart desires

Method number 3:Make your own method- method

(use this only if the other two don't work, it's basically a last resort.)

This isn't so much a method as a way of making your own method. It's the simple rules that lay at the core of every WILDing technique. Here's the rules for you, I'll explain them as I state them:

- **Find a way to relax your body to a point where it can no longer relax further.** There's a lot of ways to do this. This is the first thing you do as you WILD, relax totally, then start your technique
- **Don't move during your WILD.** Basically you can't move at all after you lay down and say "I'm starting my WILD right now".
- **Don't be thinking about What your going to do when you get into the dream as your WILDing.** (or about anything else). Thoughts about what happens when you enter the dream, or about what Jimbob's doing right now break the concentration that you must have to WILD, you can't be thinking "I can't wait to get into the dream" or anything like that at all.
- **Find one thing to concentrate on.** This can be your breathing, a vivid mental image, a tactile sensation, basically anything that's either very repetitive (ex. your breathing), very unchanging (ex. a mental image of a lighter sitting on a table), or both. The key to this is that you have to really concentrate on this one thing non-stop throughout your entire WILD. never changing it (in other words don't go from seeing a lighter on a table to focusing to your breathing halfway through the WILD).

So there you have it, the base of all WILDs.

Mzzkc's Comprehensive WILD Guide

Hello! Welcome to my humble guide. In the paragraphs that follow, I'll be cataloging just about everything you need to know to have a successful WILD. I'm probably going to miss a few points, but that's what peer review is for. XP

Introduction:
Before I can go any further, I need to explain what WILD is all about. BillyBob has an excellent, in depth, tutorial that should be required reading for everyone. When I first read that, the message behind it didn't truly sink in until over a year later, after I had my little revelation. The short of it is, you need to fall asleep. Yes some level of awareness is necessary, but you can pass that chore onto an auxiliary process with the use of an anchor, as BillyBob describes. Really, everything you need to know is covered in those two threads, but it's all buried. The purpose of this thread is digging it all up and putting it on display for everyone to see.

The Building Blocks:

To wild successfully, three things need to happen:

- You need to be close to REM.
- You need to fall asleep.
- You need to retain awareness.

Block 1: Prior Sleep

The first point is incredibly important and shouldn't be overlooked. While yes, it is possible to WILD before getting any sleep whatsoever, WILDs such as this won't last very long and the quality of the LD will be horrendous. Furthermore, it will take more than an hour to pull off, assuming you know what you're doing and won't mess up at all. Compare this to a WILD attempt after six or more hours of sleep, where REM is mere minutes away and may last a very long time.

To compare:

- **WILD Without Prior Sleep:** Poor quality, short, difficulty is next to impossible, takes over an hour to pull off.
- **WILD With Prior Sleep (Including Naps):** Quality is what you make it, length is what you make it, takes no more than 15 minutes to pull off.

That's right, **a successful WILD need not take more than 15 minutes to make the transition.** If it's taking you longer than that (and you're definitely getting the right amount of prior sleep), you're probably having trouble with the next building block.

Block 2: Falling Asleep

Straightforward, right? Well, you wouldn't know from the number of failed WILDs people are having. This piece is just as crucial as getting prior sleep and is often where people have the most trouble. Here's a checklist to make sure you're going about this sleep thing in the most productive manner possible.

Are you:

- in an environment with minimal distractions such as light and the occasional sudden noise?
- physically tired, and feeling the need to sleep?
- in the “falling asleep” mindset?
- in your usual sleeping position?
- comfortable?
- relaxed?

Environment: If this first one isn't checked off, that's typically an easy fix. Simply invest in ear plugs and/or shades of some kind, maybe a sleeping mask. The sleeping mask and ear plugs can even double as an anchor if you're so inclined.

Being Tired: This one is harder to judge, but it's safe to say that if you're loaded up on caffeine, or some other stimulant, you probably aren't going to feel like sleeping any time soon. Other than that, you don't want your WBTB to be too long. I know of several WILDers who have cut their WBTBs to mere moments. Mine typically consists of emptying my bladder with the lights off before returning back to bed. This way I can capitalize on how tired I am directly after waking up. Keeping your WBTB to a few minutes or less might prove beneficial to you as well.

The Right Mindset: Next is the trickiest, because it's the hardest one for most people to “get.” Put plainly, you shouldn't be waiting for SP, looking for HI, or anything similar. You're trying to fall asleep here, not track your progress through a series of events. Therefore, don't try to “WILD”; go to sleep instead.

Sleeping Position: Building on that is this next box, which is another common misconception about WILDing. You don't have to WILD on your back. In fact, WILDing in the position you normally sleep in may be just what you need to finally take that extra step towards lucidity.

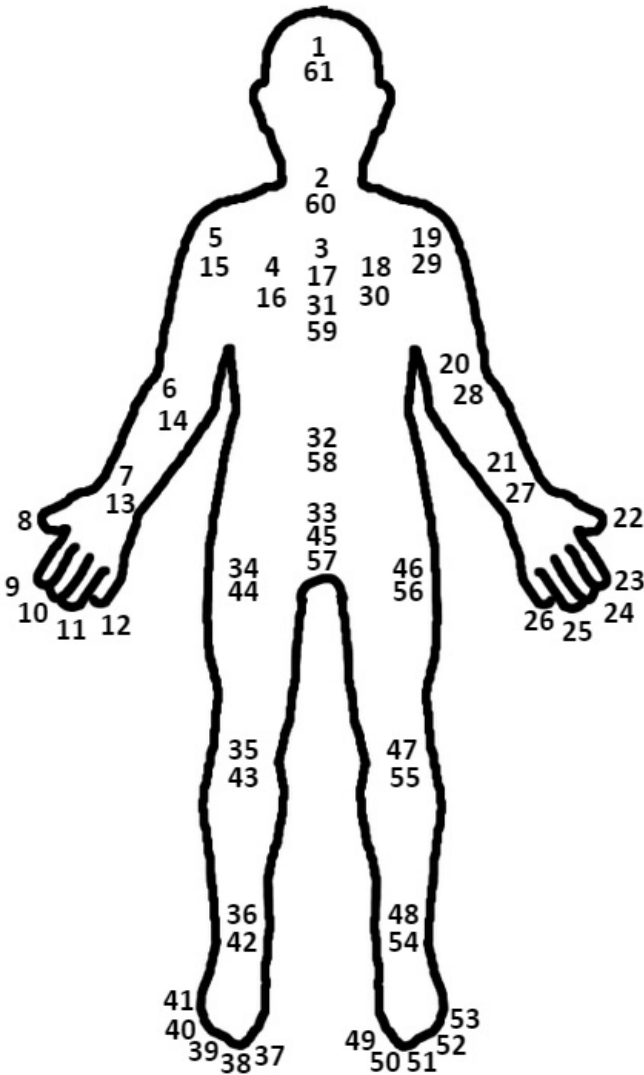
Being Comfortable: Now, if you aren't comfortable, how do you ever expect to get to sleep in a timely fashion? Things that typically fall under this category are swallowing, scratching, and moving. If you absolutely need to do any of these things during your WILD, do it and be done with it. Don't give it a second thought, and continue your attempt unfettered.

Being Relaxed: Many tutorials spend some time going over relaxation techniques like The 61-Point Relaxation Technique. Which is all well and good, but I wouldn't be surprised if most people skip that step. Honestly, that's the only thing most WILD tutorials put towards the actual falling asleep aspect of the WILD. And while it isn't absolutely necessary to do something that in depth, **being anxious or excited is counter-productive**. If you find yourself getting worked up or scared, at the very least, take a few deep breaths and **remember: you're just going to sleep**. Nothing special.

[

The 61 Point relaxation Technique

- 1. 61 point relaxation technique
Study = This figure:



This figure illustrates 61 points on the body. To do this exercise, you need to memorize the sequence of points. (This is not difficult, because the points are arranged in a simple pattern) They begin at the forehead, travel down and up your right arm, then across to your left arm, down to your torso, down and up your right legs, then back up your torso to the forehead.

- 2. Focus your attention on one point at a time
Begin at your forehead, focus your attention between your eyebrows and think of the number one. Keep your attention fixed at point one for several seconds until you feel that your awareness of the location is clear and distinct. Think of yourself being located at this point. Before moving on to the next point, you should feel a sense of warmth and heaviness at this spot.
- 3. Move through each point in sequence
In the same manner, successively focus your attention on each of the first thirty-one points. Proceed slowly, and imagine you self being located at each point as you reach it. Feel the sense of warmth and heaviness before moving on. Do not allow your mind to wander. At first you may find this difficult to do: you will find that at times you suddenly will forget that you are doing the exercise and start daydreaming or thinking about something else. IF you lose your place, return to the beginning or the last numbered point you attended to, and continue. Practice with thirty-one points until you can attend to them all in sequence without daydreaming or losing track.
- 4. Extend your practice to include all sixty-one points. When you can attend to thirty one points in sequence, repeat steps 1 and 2 with all sixty-one points. Practice this until you can do all points without losing your focus. Now you are ready to use this exercise with lucid dreaming induction techniques.]

Block 3: Retaining Awareness

Here comes the part where you all start to hate me. As it is, there is no “right” way to retain awareness. Before everything is said and done, you're probably going to have to come up with your own solution. The key is understanding how you can maintain awareness without impacting your ability to sleep.

BillyBob suggested the use of anchors. But what is an anchor?

BillyBob: [An] anchor is something you passively "keep track of" as you let your mind more or less wander. It is the tether that holds your prefrontal cortex just functioning as you drift into the dreamworld.

As it turns out, at their core, every “awareness technique” out there right now is an anchor. Some are easier to use than others, depending on the person, but there remain two distinct types of anchors:

- Environmental Anchors
- Mental Anchors

Environmental Anchors are anything you can latch onto outside your mind as you work your way through a WILD. These can be anything from background music,

temperature variations, wearing clothing you don't normally sleep with, pain, etc. The most important thing about Environmental Anchors is they shouldn't disturb your ability to sleep. I suggest you practice sleeping normally with your anchor of choice before you attempt to WILD with it. This way, you'll know what to expect.

Theory is easy. Actually using an Environmental Anchor to retain awareness is a different beast entirely. There's a fine line between giving the anchor too much attention and too little. This is something you're going to have to play around with until you get it right, as there's no way for me to relate that balance short of having you experience it for yourself. The best advice I can give is to follow BillyBob's advice and engage the anchor passively as you drift into dreamland.

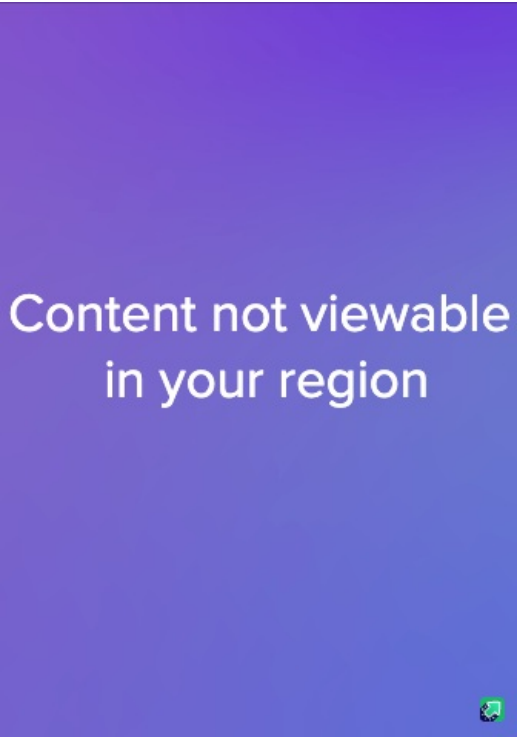
Mental Anchors are ideally dealt with in the same manner. Common Mental Anchors such as counting, breath tracking, and mantras should be reduced to auxiliary mental processes that work solely in the background of your mind. Visualization, too, should occur with little involvement from your end. The only time you should be actively directing the Mental Anchor is when you're setting it up. For instance, two Mental Anchors I developed awhile back involve a bit of prep to work properly. In one, I use various MILD techniques to set a “sentinel of intent” to alert me right as I hit the transition stage. After that, it's a simple matter of falling asleep normally and hoping the sentinel kicks in when I need it. Luckily, the other gives me slightly more control over the WILD. That one starts with me playing a game of word, phrase, and image associations with myself, gradually picking up speed until the associations occur automatically, one after another; it has the added benefit of emulating what actually happens to our thoughts as we begin sleeping. But the important thing is they eventually work in an autonomous fashion, which is the overall goal for Mental Anchors.

Of course, the anchors I've listed aren't your only options. In fact, most of these probably won't work for you. Inevitably, you're going to have to find an anchor that does work for you. No one can do that except you. And that's where I'll leave you.

Conclusion:

Hopefully, this has shed some overdue light on what it takes to WILD. Remember, these building blocks all work in tandem; keep that in mind when you begin design on your own WILD style. As always, if you have questions, comments, concerns, or flames, I'll be sure to address them. But I'm warning you right now, I'll likely ignore any questions that are explicitly answered by bolded portions of the OP.

So, until next time. . .



CONTINUATION: Why You May Fail at WILDs

In the following article I will be sharing insights I have gained over the past two years in regards to the fine art known as WILDing. Keep in mind, all of this comes from personal experience, and you should probably take it with a grain of salt, much like the title of this thread. Prepare yourself. A wall of text awaits!

My history:

When I first learned about LDing, I became immediately drawn toward the phenomena referred to as a Wake Induced Lucid Dream. Wow! I thought, A way to become lucid any time I want? Sign me up! I did my research right here on DV, learning the 'ins and outs' of WILDing from your typical WILD related posts. My early readings did include Jeff's famous "How to Trick Your Body Into Falling Asleep" thread, but the majority of my initial knowledge came from threads similar to this. Ever an eager noob, I often committed the cardinal sin of attempting a WILD before racking up a decent amount of sleep beforehand. During these attempts, which were doomed to fail from the start, I would utilize my shoddy knowledge of what I believed the 'proper technique' was, keeping track of the 'stages' as I went. All my time and energy would go into performing this super-cool thing called a WILD. Hell, I once spent a good four hours on one attempt. My commitment was met with resounding failure. Obviously, dedication alone wasn't cutting it. Broader research would be needed if I was going to figure out how to pull this off. Utilizing the search function, I garnered even more information about how others had achieved their WILDs, all the while trying to WILD in my free time by making use of every new tidbit and little known 'fact' I had learned. And still, after months of trying, I was getting nowhere pretty freakin' fast. Then, one fateful school night, I did it. I accomplished, almost effortlessly, a feat that had eluded me all that time. But I was baffled as to how. My first WILD occurred late at night, after I had awoken in the middle of a sleep cycle. As I drifted back to sleep, somehow, somehow, I had retained consciousness all the way into the dream state. Despite that glimpse of success, for well over a year, I would remain oblivious to the most blatantly obvious thing about WILDing. During that time, I would begin development on a number of my own techniques, all based on the findings of others, all of which weren't wildly successful (Har har). It wasn't until I started focusing on my own experiences that real progress commenced.

Why you should care:

How about because I could potentially, right here, right now, save you a huge portion of the time and trouble I went through in order to reach that point where WILDing became par for the course. Sound good? Then go back and read the above if you haven't already. . . lazy bum.

Done already?

Good.

Now for the meaty stuff.

Analyzing the past:

I believe my story is an excellent example of a typical fledgling WILDer. Eager to learn, but searching in all the wrong places. WILDing, like just about everything concerning LDs, is a personal experience. You can only get so far on the accomplishments of others. To truly be successful, you have to dig deep and do a crap ton of introspection in order to figure out what works for you and what doesn't. Of course, that's nothing new, everyone who's done decent research and has a fair amount of experience has probably come to the same conclusion a dozen times over.

My "Contribution":

So what can I possibly offer that's new, unique, and exciting? Unfortunately, as I've said before, what I discovered was so ridiculously obvious that everyone already knows what is. In fact, it lies at the very root of the definition itself.

WILD - To fall asleep, into a dream state, while retaining consciousness.

"To fall asleep,"

Now, before you ZOMG RAGE QUIT! let me explain the implications of these three words. By the generally accepted definition of a WILD, it is impossible to WILD without first falling asleep. Secondary to falling asleep is maintaining awareness of the event. Key word: Secondary.

All this emphasis is being placed on the awareness part, but what's sorely missing is respect for the most basic and fundamental part of WILDing. That, I feel, is the key to successful WILDs. It is, after all, what I've based my current method on. In fact, my very first WILD was a result of this exact concept.

Applications:

This theory is all well and good, but you're probably wondering about practical applications. Below I will outline the steps I followed to turn this idea into something usable. Hopefully, this will be enough to get some of you jump started on finding your own WILD style.

- **Learn the basics.** At the end of this post I shall provide a list of information every WILDer should know. I insist you do your own research on each one.
- **Figure out the most opportune time to WILD.** This will always be whenever you are closest to a REM period. Typically, six hours after first falling asleep is a good time, but it can vary from person to person. For instance, I generally need eight. However, I've found naps to be an even better time to WILD. The trick here is that the time should be one in which you are not only close to REM, but also one where you are tired enough to fall asleep very easily.
- **Recognize what happens when falling asleep.** This is pretty straightforward. Simply recall moments where you were about to fall asleep, but were suddenly forced into alertness. Those with WILDs already under their belt can use those experiences to help better determine even more of what goes on when falling asleep.
- Don't WILD. "Lawl, wut?" What this means is that when making an attempt, the focus should be put on falling asleep, first and foremost. Don't try to recognize SP, don't do anything you wouldn't normally do to help yourself fall asleep. Things like Reverse Blinking, if they work for you, are totally okay, as long as the point of the exercise is to help you sleep.
- Work on Awareness. Finding something that helps keep you aware, without hindering your ability to sleep is what you're aiming for here. Common sense and experimentation will prove the most beneficial.

Tips For Success:

- Know how sleep works.
- Don't get caught up on SP.
- It's okay to swallow, really.
- Experiment when appropriate, but try to stay consistent as much as possible.
- Afternoon naps can often be great times to WILD.
- Start attempts in a comfortable position.
- Don't stress out about moving.
- But try not to move unless absolutely necessary.
- FALL ASLEEP!

Mancon's In Depth WILD Guide

Hey everyone, I have been practicing WILD for a while now, and pretty much have it down, Mostly thanks to Naiya and the helpful guides here on the site! Now I want to make my own WILD guide to help you guys! Let's jump right into it:

Abbreviations you should know:

- WILD = Wake Initiated Lucid Dream
- SP = Sleep Paralysis
- HH = Hypnotic Hallucinations

What is a WILD? +Other definitions

A WILD is a wake initiated lucid dream, but what does that mean? It means you go directly from waking state into the dream state. You trick your body into thinking you're asleep, but really you are awake!

What is Sleep Paralysis? Sleep paralysis is when your body becomes temporally paralyzed so you don't act out your dreams! During a WILD, when you reach sleep paralysis you often see HH.

What are Hypnotic Hallucinations? HH are hallucinations created by the brain when you are deeply relaxed. During SP many people experience HH and sometimes it can be quite scary. Don't worry! The HH is NOT real and will not harm you! HH can also come in all 5 senses. My first experience involving HH, I saw/heard/felt frogs all over my bed!

Before You Get Started

Like I say to everyone, confidence is important when it comes to everything involving lucid dreams. WILDing is easy, you WILL do it! Close your eyes and visualize yourself getting to SP, and then into a dream! That will be you in the future! It won't maybe be you, it WILL BE! If a negative though comes into my head, I imagine the thought in a ridiculous voice and don't take it seriously.

When Should You WILD?

When I was new to WILDing, I wanted to get into it right away! I decided to attempt WILDs before bed, instead of waking up in the middle of the night. Bad idea. I had no success whatsoever. Yes, WILDing before bed is possible but definitely not recommended especially with newbies!

I would definitely recommend doing a WBTB in order to WILD.

So how long should I sleep before waking up to WILD?

Well, you need to wake up right before, or during REM, and everyone's REM time is different! I would try waking up somewhere between 4-7 hours after you fall asleep in order to attempt a WILD. Just experiment with waking up at different times and you will find the right time for you!

Waking Up?

When you wake up for your WILD you could be too awake or too sleepy, this is what I do:

1. I am too awake!
You need to focus on relaxation.
I have put together a list of what I do when I am too awake.

- A. I have seen a great relaxation technique in other guides here on the site, and it is called the Tense-Relax technique. The idea is to focus on each separate muscle, tense it, and then relax it completely. Start from the bottom up or the top down, focusing on each muscle.
- B. Breathing is very important when it comes to relaxing. I start by breathing in air through my nose, holding a few seconds, and then letting it out. It helps me if I imagine breathing in positive things through my nose and then breathing out any negative things through my mouth. It improves my confidence, and ability to WILD.
- C. If you are still not relaxed, listen to some calming music. I have put together a list of music I listen to for relaxation:

- Relaxing Ocean Waves

- Tranquility
- Fireplace
- Relaxing Nature

It also helps to visualize myslef somewhere relaxing while listening to the music.

2. I am too relaxed!

You need to get up and walk around. Pay attention to objects, what they look like, smell like, taste like, etc. If I am really tired I put some cold water on my eyelids. Drinking water always helps me too. Remember to empty your bladder before WILDing!

Starting the WILD

Lay down, and stay still. Don't focus on anything too hard, and just let your thoughts run through your head. Don't pay attention to your thoughts too much, but be aware of them. These were my thoughts when I first attempted WILDing:

Okay, so I just stay still.
Stay still
Stay still
Keep still
That itch is itchy, but I need to stay still.
I want to move.
Oh my gosh, I am attempting a WILD
Keep still
Will I ever get into SP?
keep still
stay awake
Why isn't this working?

I was focusing on my thoughts too much, and way to worried about WILDing. You have to let them pass through, if you want to get to SP and remember you can WILD!

After 10 minutes of laying completely still, I roll over, as suggested in Yoshi's Technique. Then if I don't enter SP after 10 more minutes, I roll over again.

How Do I Stay Aware?

Sometimes, if I feel like I am falling asleep I focus on my breathing and count my breaths from 1-10. Once I get to 10 I start back over at 1. Sometimes, I listen to a noise in the background like a fan, but remember not to focus too hard on the sound.
I have seen people suggest causing physical discomfort while attempting to WILD in order to stay awake. I don't recommend this because you think about your physical body too much, and it isn't comfortable.

I don't think I ever have SP...

Unless you sleepwalk, or have a sleep related illness that lets you act out your dreams, you have SP. Don't worry!

How do I know I am in SP?

Not everyone experiences HH, so how do they know they are in SP? Usually you will fill heavier, and a bit of numbness. Sometimes, you have a change in awareness or thoughts during SP. Remember, do not try to move to test if you are actually in SP! Just stay still, and stay relaxed.

You're in SP!

Congrats on making it this far, but remember not to get too excited! Once you enter SP you might start to experience some HH. Don't focus to hard on your HH, just watch it come and go, calmly. Remind yourself that HH will not harm you in any way. After a couple a minutes, images should expand and you are in a dream! Congrats!

So, is it possible to alter your HH?

Yes, it actually is! When SP is starting imagine your HH changing to what you want it to be. For example, If I wanted to see a park I would imagine how that park looked, how it felt, who was in it, what is sounded like, etc. This works very well for people who have a vivid imagination.

What are common HH?

Colors, whispers, stars, and vibrations are all common when it comes to HH.

Dream Stabilization

Stabilizing your dream is important to do with any lucid dream, but especially with WILD. So how do you stabilize your dream? Stimulate your senses. Look around at your dream scenery and concentrate on what everything looks like. Feel the ground, smell the air, taste any food, etc. It is also recommended to spin around or rub your hands together to stabilize the dream.

False Awakenings

Sometimes you think the WILD has failed when really you are having a false awakening! A false awakening is when you dream of waking up. This is quite common when it comes to WILDs, and if you think the WILD has failed ALWAYS make sure to do a reality check to see if you are having a FA!

Problems

Itching
Help! I itch everywhere when I try to WILD! How can I stop this?
Well when you are first starting the WILD out and you start to itch, it is best just to scratch it and not focus too much on it.
When have an itch, it takes over your thoughts which is bad. Once you get deep into the WILD and have an itch, I either try to ignore or focus on it. For me, if I focus on an itch then it will go away. Remember, try not to let itches take over your thoughts, think of something else. Sometimes if I think about water, the itches go away.

The Urge to Swallow
If you have the urge to swallow, go ahead and swallow. Thinking about the urge, will make it worse. Just stop thinking about it. If you have real issues with this, then during the day focus on your breathing, take control of it, and then let go of the control. You did this by distracting your thoughts. If you find it hard just keep practicing and it will get easier!

Yoshi's WILD Technique...

Alot of people have been asking me about my WILD technique lately, so instead of explaining this everytime, I figured I would type it up here. I have been using this WILD technique for some time now and it seems to work wonders. Only problem is, I am a natural at entering SP (sleep paralysis) anyway, so I wonder how well it really works. If any of you give it a shot, let me know how it went. Its actually a simple technique, but I explained it rather thoroughly to help you understand. Here it goes...

(Use this technique with WBTB or during Naps.)

Step 1: Relax

If you are using WBTB your body should be properly relaxed already. If not, use your favorite relaxation technique. I lie down and read a chapter or so of a book to relax. It works for me and isn't boring or complicated like other relaxation techniques.

Step 2: Flex Freeze

This step is used as your final relaxation. Lie flat on your back and close your eyes. Try and keep your eyes in a fixed, but relaxed position. Flex your arms/hands/shoulders, hold the flex for a second, then allow them to go completely limp (don't move them again after you have done this). Next, Flex your legs/feet, hold the flex for a second, then allow them to go limp (don't move them again after this). Now flex your neck muscles, hold it, go limp (don't move your head/neck again). Finally, flex your stomach/abs, hold it, go limp. From here on, do not move any part of your body if possible.

Step 2.5: Reverse Blinking

This is where you can add the reverse blinking technique if you wish. After completing the previous step, begin your reverse blinking session. Once you begin to feel tired (your eye lids getting heavier and heavier) and feel like you could easily fall asleep, carry on to the next step. To reverse blink, close your eyes for a minute or so. After this short period of time, begin to flick your eyes open and closed again every few minutes. You want to try and mimic a normal blink as much as possible (only in reverse of course). Make sure you aren't slamming/forcing your eyes open and closed. Keep your eyelids nice and relaxed as you quickly flick them open and closed. After performing this for a period of time, your eye lids will feel heavier and heavier. At some point, you will not be able to reverse blink your eyelids without forcing them open. This is the point where you should stop reverse blinking and move on to the next step.

Step 3: Getting into SP

This step is simple. Lay completely still and try not to move at all. Let your mind wonder, but do not focus on any of your thoughts. Just casually allow them to pass through your mind without truly focusing on them. Make sure you are aware of your thoughts so you don't fall asleep, but don't think upon one thought for too long. After laying completely still for about 7-10 mins or so, Change position. I roll over to my side. Keep your eyes closed during the position change. Once again lie completely still and let your mind wonder freely. Keep changing position in 7-10min intervals until you begin to enter SP. Most of the time, I enter SP right after my first position change. (Some may ask, "Why would this work?" I believe this works because subconsciously or consciously someone attempting to WILD often becomes frustrated and overcome with doubt when laying still for long periods of time without results. Remember, if you don't believe you can succeed at WILD, then most likely you will not. I think that the mind sees your position change as a fresh start. You don't worry about and focus too much on not moving because in 10mins you know you can move again. Because of this your mind is more relaxed during the 10min intervals and I believe this allows for better success entering SP.)

Step 4: SP

Once you enter SP, casually watch any Hypnagogic Hallucinations you may have. Just like your thoughts from before, do not focus on the HI, just casually watch them pass by your "mind's eye." Similar to watching a t.v. show that you don't particularly care for. If you get freaked out just think to yourself "Its not real...Its all in my mind...I can't be harmed" Make sure you remain still and as calm as possible during this time (if you happen to move or get excited, don't give up or start over, just carry on with the process trying to remain calm and relatively still). Just allow the process to do the work for you. Once you see a full dream scene (with WILDs you will generally see the ceiling or the sky from your laying position, it is often referred to as seeing through your eyelids), stand up from your resting place and you should now be lucid! I suggest performing a RC upon waking, especially if you think you have failed. Often times with WILD your dream starts right where you fell asleep in waking life. The room can look exactly like it should and this can sometimes fool you into thinking you have failed. Plus, it is very possible to have a False Awakening as soon as you transition.

I have seen more than a few members across the forum who are having trouble achieving lucidity no matter what technique they try. They either can't seem to either achieve lucidity for the first time (which can be the hardest for many dreamers), or are in a long dry spell and can't seem to get out. I have suggested this to a few already, but I figured I would go ahead and post this technique for everyone to see (plus I don't want to have to type the whole thing up every time). I don't use this every night, because I don't want it to become routine (it probably won't work as well if you overuse it). It works like a charm for my dry spells though...

Dry Spell Killer: The Actor's Technique

For anyone experiencing a dry spell or having trouble achieving lucidity for the first time you can try this simple "mind over matter" technique. I use this to help break out of dry spells and I generally suggest it to others who are experiencing dry spells. I think it will also help first timers achieve lucidity. Basically here it is...Upon laying down to sleep you need to alter your state of mind. Basically, act as if you are an expert/experienced lucid dreamer and you know 100% that you will have a lucid dream. Don't only say/think to yourself that you will have a lucid dream, but truly 100% believe that you will achieve your goal easily. The best way to describe this "state of mind alteration" is to compare it to acting. Many actors and actresses "get into character" for their particular roles. They will spend several days (or even longer depending on the actor/actress) acting as if they are a completely different person to better prepare and play their role. Basically, you are trying to "get into the character" of an experienced/expert lucid dreamer. You could even go as far as getting into the character of "The Best Lucid Dreamer Ever." The idea is to fall asleep knowing and expecting yourself to become lucid, because you have done it millions of times before and it is easy for you. If you can do it correctly, and truly convince yourself that you will achieve lucidity, than it will greatly raise your chances of success. During a dry spell, I do this for as many nights as I need to break it. I usually am able to overcome my dry spell the very first night trying. Make sure that if you do not succeed, that you stay "in-character" and tell yourself/convince yourself that last night was a fluke and there is no way you won't become lucid the next night. You would be surprised how well this simple method can work. All it takes is a bit of "acting" !

Note: This isn't a WILD method, but you could try it with WILD if you like (I actually have never paired it with a WILD before). I simply use this as I fall asleep normally. Usually when I succeed, I just randomly become lucid in my dream. Essentially its just a DILD/MILD method.

KingYoshi's Complete WILDing Guide - All my techniques & secrets revealed (WILD,DEILD,WBTB+more)

My previous WILD thread, Yoshi's WILD Technique, explained my personal technique and how to perform said technique. This is going to be a complete and all-around guide to WILDing & DEILDing using my techniques and experience as a basis. The first half of this guide is an in-depth explanation on WILD. The second half is my personal technique. So, as usual, sit back, fire one up, and learn to WILD/DEILD...the Yoshi way!

My DILD tutorial can be found here, All Day Awareness, A DILD tutorial by KingYoshi

General Keys to Success

With any induction method/technique there are three keys to long-term success.

- **Effort** - Aside from the handful of natural lucid dreamers out there, the rest of us have to put forth the effort and work toward lucidity. Without that drive, you aren't going to have the kind of results you are looking for.
- **Confidence** - This one is as simple as the first. You need to be confident in your abilities. I don't care if you just joined yesterday and literally have no clue what you are doing. EVERYONE can lucid dream regularly.
- **Experience** - You don't even have to do anything special for this one. Every single thing you do while practicing lucid dreaming, works toward experience. Just keep practicing and gain experience from every success as well as every failure.

What is a WILD?

WILD stands for (W)ake (I)nduced (L)ucid (D)ream. Basically, it is where you enter the (lucid) dream state, directly from the waking state, WITHOUT a lapse in consciousness. You stay aware throughout the entire process. You fall asleep, see the dream form, and enter the dream state without ever "blacking out"/losing consciousness.

What Everyone Needs to Know Prior to a WILD Attempt.

- No matter when, where, how, or why you are attempting a WILD, there is only one thing you need to do every time. That one thing? FALL ASLEEP. Its simple and no matter how perfect you are at performing a technique/method, if you don't fall asleep, you can't WILD. Its as simple as that. If you find yourself struggling, ask yourself, "Am I just not falling asleep?"
- There is only one root difference in falling asleep "normally" and WILDing. That is your level of consciousness. During "normal" entrance into the state of sleep, we fall unconscious. During a WILD you want to fall asleep exactly like any other time, but maintain a certain level of consciousness. Basically, you want to fall asleep AND witness/observe this process as it is happening. These two concepts apply to every single valid WILD technique and method out there. Now, its very possible to use this knowledge alone to go perform a successful

WILD. The rest of this guide is going to help explain certain aspects of the process to help further your success.

SP and Why I Use the Term.

SP stands for "Sleep Paralysis." If you grab a medical book or any other "official" explanation on SP, it is described as an actual sleep disorder/condition that effects very few individuals. The state that most people refer to as SP, is actually called Sleep Atonia. I'm just going to tell you right now, all this may be true, but I don't care nor does it matter in the least. There is absolutely no need to differentiate between the two. They both have similar effects, the on-set of both can help you complete your WILD, and they both provide a unique experience almost every time you witness them. Between the asterisks is a little extra, personal insight on the two that is meaningless to this Guide and WILDing in general.

I, personally, don't even believe these are separate conditions. There is no hard evidence or facts that differentiate the two. Only research based on observations. A disorder based on an "educated guess" diagnosis is not something I put faith in. I need hard facts, otherwise I'm basing my belief on my own experiences and observations. My educated guesses > others educated guesses, any day of the week. That is just my two cents. If you disagree with this, that is perfectly fine. My opinion on this matter and whether I am right or wrong on this matter, is completely irrelevant to this guide and WILDing in general.

If you are a "by the books person," you may disagree with my logic, but I've been doing this for years and it truly makes no difference how you look at these two. I have experienced both the on-set of paralysis and the on-set of atonia more times than I can count. So, I'm telling you now, I'm going to use the term SP as a "general term." Think more along the lines of (S)leep (P)re-stage when I type SP.

When to Perform a WILD for Optimal Success

Like everything else involved in dreaming and life in general, there are very few definites. Though, in my experience, I have been able to gather enough information to help figure out your optimal WILDing window. I'm going to separate these into two categories, Standard Sleep Time (SST), and Naps. I'll also give a little information on the sleep cycle, and REM sleep, (R)apid (E)ye (M)ovement, so you understand the concept behind everything.

Standard Sleep Time (SST) & Wake Back to Bed (WBTB)

- SST: Everyone's SST is going to be different. If you work night shift, your SST is going to be during the day. Vice-versa for those who work during the day. Basically, SST is the period of time that you are experiencing longer durations of sleep. For an even more simplified explanation, this is when you say, "I'm going to bed/sleep," as opposed to, "I'm taking a nap" . When performing a WILD during your SST, you want to pair it with the WBTB (Wake Back to Bed) method.
- WBTB & REM: The idea behind WBTB, is to wake up during or just before your REM cycle. That way, its much easier to get into the dream state directly from the waking state. You don't have to be in exact unison with your REM cycle. You just want to be "close enough." Between the asterisks, I'll explain a little more about the sleep cycle, so you understand the concept behind WBTB. I'm not going to go too in-depth on the sleep cycle, because all of that information isn't necessary. Plus, the sleep cycle is nowhere near an exact science. It can vary greatly depending on a plethora of different factors. So, use all this information, in the "general sense." Its just more for you to get an idea of how it works.

I'll try to keep it as simple as possible. On average, a person experiences multiple periods of REM sleep each night. Its not a requirement to WILD during REM sleep, but that is the optimal stage in the sleep cycle for lucid dreaming. REM is the stage of sleep when most dreaming occurs after all. The first REM period begins 90 minutes after sleep (on average). You can use this as a template for figuring out your REM cycle. Start with the base that REM occurs every 90 minutes. Now, keep a few things in mind....

1. The early REM periods do NOT last very long. Only a few minutes, so you don't necessarily want to try and WILD during these. Otherwise, you are going to be fighting against your body's natural sleep cycle to stay in your dreams and stay in REM. The further along you get in SST, the longer your REM periods will last.
2. As you progress in your SST, your REM cycles become closer together. They may start out 90 minutes apart (on average), but with each successive REM period, that number is reduced. Toward the end of your SST, you will be firing REM cycles back to back with very little time spent in between.

So, now you have the information on WBTB, but where do you start?

I tell aspiring WBTBers to try and wake up after 2-4 hours of sleep, if you want to make multiple attempts on the night. If you remember a dream (even a fragment) upon waking up, then great. You have started your REM cycle and are good to go. If you can't remember anything, you may not have started your REM cycle yet. Try to sleep for 30 mins to 1 hour longer. Repeat the process until you are able to remember something. Even a fragment tells you, "Hey! My REM cycle has started." If you just want to perform a single WBTB attempt on the night, try getting up after about 5-6 hours of sleep.

How long should you stay awake during a WBTB attempt before attempting the WILD?

The idea is to try and stay awake long enough to where you won't lose consciousness easily, but at the same time, you HAVE to be able to fall back to sleep. So, you don't want to stay awake too long. No matter how long or short a period of time you stay awake, it won't hurt your ability to WILD. You can still do it no matter the time period you choose. That is strictly based on your ability to fall back to sleep. If you have trouble falling back to sleep, don't stay awake as long before returning to bed. If you find that you keep losing consciousness early on in the process, try staying awake a little longer. Its simple logic, so don't think about this too hard. Too many beginners over-complicate this part of the process and it is unnecessary. I, personally, only stay awake for 4 or 5 minutes before performing my WILD attempt. Others have reported better success after staying awake for 15-20 minutes. Just test it and find out what works best for you.

Extra WBTB Tips

- Use this WBTB information as a guideline only. None of this information is exact, so just play around with this information and figure out what works best for YOU. Most of these times are averages and "in general" statistics. That doesn't mean they are optimal for everyone, so feel free to increase, decrease, or branch off from any of this information. Lucid Dreaming, especially WILDing, is a unique experience for everyone. So keep that in mind. I'm just trying to help everyone understand the process, logic, and ideas behind it all. I'm not trying to set any standards because with Lucid Dreaming, there are NO standards.
- I'll tell you my personal method for performing multiple WBTBs. I set my alarm for after 2 hours of SST. I do the usual, "Have I dreamed yet," test to see if I hit my REM cycle. I set my alarm in 2 hour increments for the first 6 hours. Then, I set my alarm in 1 hour increments for the rest of my SST. Obviously, the longer you sleep the more attempts you'll get in. Even if you don't succeed in your WILD attempts, each time you wake up, you are recording a dream. So, at worst, you are journaling a bunch of dreams and building up your recall. This is one of the great benefits to WBTB. Even if you don't succeed in WILDing, you are building up recall
- Another great benefit of WBTB WILDing, is getting spontaneous DILDs from failed WILD attempts. You are trying to have a lucid dream, so even if you lose consciousness and fall asleep "normally," your mind was JUST on lucid dreaming moments ago. This alone can help lead to DILDs.

Naps

Naps are, personally, my favorite time to perform WILDs. For one, you don't have to bother waking up in the middle of the night, which takes motivation and discipline. I tend to be half asleep and say, "Fuck it." I just turn off the alarm clock and go back to sleep without trying. I then wake up in the morning and am like, "Damn it!!! I did it again!" With naps, this isn't a problem. Remember the #1 rule for WILDing though, you HAVE to fall asleep. So, if you are all jacked up on Mountain Dew, its not going to be easy to have a successful Nap WILD.

Why is WILDing during naps effective?

Just like SST WILDing, for naps, you are wanting to play to your greatest strength, the REM cycle. Of course, you are awake, so you obviously aren't entering REM. However, your body just experienced the sleep cycle throughout your SST. It got adjusted and used to this cycle as SST progressed, until it was firing off REM cycles in rapid succession (toward the end of your SST). If you are able to sleep for more than 8 hours, that cycle will keep on going for as long as you sleep. You are awake, but your body had gotten used to that cycle and can easily hop right back into it after waking in the morning. The longer you wait after waking up in the morning, the harder it will be to nap WILD, because your body/mind has gotten more and more used to being awake. It'll be harder to get into that sleep cycle rhythm the further away from it you get.

Sleep Cycle example theories

Think about this. You didn't get enough sleep last night, but you have to get up and go to work. You are real tired until you get in the shower/etc and fully wake yourself up. Once you get to work you are good to go. After an hour or so, you hit that first wall where you are feeling tired. You power through because you have to and get your "second wind" and are good to go again. This is just your body wanting to get back into that sleep cycle it had gotten used to the night before. Since, you didn't allow yourself to go back to sleep and powered through, that second wind is your body/mind accepting that you aren't sleeping right now. This can happen several times and most everyone has

experienced this before. Getting tired in a cycle during the day. Caffeine and other things like it, help deal with this and its not a problem You ever heard of someone being intolerable because they didn't have their morning coffee? Its because that coffee has helped them deal with this process. Without it, that internal cycle is still going on, or rather, "wanting" to continue on. This can create moodiness and "rolling" behavior, if you will.

What is the best time frame to perform nap WILDs?

This depends on the individual. Just keep in mind that the longer you wait, the harder it may be to get the WILD process started. I suggest trying 1-6 hours after waking in the morning. Now, you can be successful outside of that time frame, but this is the easiest time frame in my experience.

Now you know everything you need to know about WILDing. You can create your own process/technique using this information. You can also search around the forums and find a plethora of different techniques and styles. Find something that works for you and you are comfortable with. If you love a technique except for one single part of it, don't hesitate to change that part of the technique to suit your comfort. No technique has to be done exactly the way it is written. Use any technique or method you read as a guideline for your own attempt. Play around with things and mold it to suit your needs and comfort levels. Anyway, the next section includes my exact techniques. I'll tell you how to perform them and I'll explain my views on why they work. This doesn't mean it will work for everyone, but if something sounds good to you, go ahead and give it a try. Don't be afraid to tweak the techniques in your attempts.

KingYoshi's WILD Technique, "Rolling Victory"

Step 1: Relax

If you are using WBTB your body should be properly relaxed already. If not, use your favorite relaxation technique. I lie down and read a chapter or so of a book to relax. It works for me and isn't boring or complicated like some of the other relaxation techniques. This step is purely used to get you prepared for sleep. You don't need to over-think this one. Just get relaxed.

Step 2: Flex Freeze

This step is used as your final relaxation. Lie flat on your back and close your eyes. Try and keep your eyes in a fixed, but relaxed position. If they move around a bit, that is fine. You are just wanting to keep your eyes calm and relaxed. No, Flex your arms/hands/shoulders, hold the flex for a second, then allow them to go completely limp (don't move them again after you have done this). Next, Flex your legs/feet, hold the flex for a second, then allow them to go limp (don't move them again after this). Now flex your neck muscles/face muscles, hold it, go limp (don't move your head/neck again). Finally, flex your stomach/abs, hold it, go limp. From here on, try not to move any part of your body too much. If you move some that is fine, don't worry about it. You just want to stay relatively still after the flex freeze simply so your muscles stay relaxed and aren't being worked too much.

Note: If you are sufficiently relaxed, you can skip this step, but I strongly recommend it. It quickly gets my muscles relaxed in preparation for sleep. I quite like it.

Optional Step (2.5): Reverse Blinking

This is where you can add the reverse blinking technique if you wish. After completing the previous step, begin your reverse blinking session. Once you begin to feel tired (your eye lids getting heavier and heavier) and feel like you could easily fall asleep, carry on to the next step. To reverse blink, close your eyes for a minute or so. After this short period of time, begin to flick your eyes open and closed again every few seconds/moments. You want to try and mimic a normal blink as much as possible (only in reverse of course). Make sure you aren't slamming/forcing your eyes open and closed. Keep your eyelids nice and relaxed as you quickly flick them open and closed. After performing this for a period of time, your eye lids will feel heavier and heavier. At some point, you will not be able to reverse blink your eyelids without forcing them open. This is the point where you should stop reverse blinking and move on to the next step.

Note: I perform reverse blinking sometimes and sometimes I don't. Its a personal preference thing. A lot of people asked about this in my last thread, so I put it in here to show where you would perform this technique, if you choose to try it.

Step 3: Getting into SP

This step is simple. Lay fairly still and try not to move too much. If you do happen to move, that is fine. Its not going to "break you." The idea of staying fairly still is solely used to help your body get closer to sleep. Let your mind wonder, but try not to focus on any of your thoughts. Just casually allow them to pass through your mind without truly focusing on them. Make sure you are aware of your thoughts so you don't fall asleep, but don't think upon one thought for too long. After laying still for a while you may start to feel uncomfortable or get that, "nothing is happening," feeling. Now, change position. I roll over to my side. Keep your eyes closed during the position change and try not to exert too much energy during your roll. Just casually and calmly roll over to your side/a different position. Once again lie pretty still and let your mind wonder freely. People often ask, "When do I change positions/roll over?" Its not an exact time. Start with the base of every 7-10 minutes or so you can roll over. You don't have to hit that time window and try not to focus on this time window either. The idea is for the roll-over to be used as a "refresh button"

So you said to change positions about every ten minutes or so, but wouldn't that wake you up? Why does it put you in SP?

The ten minutes is just an average guesstimation based on my experiences with the technique. Basically, you lay there until you are getting uncomfortable or feel like nothing is happening. Its hard to fall asleep when you are uncomfortable and/or frustrated, right? The average person repositions themselves before falling asleep, or at the very least, gets into a comfortable position before falling asleep. The goal of WILDing is to be able to fall asleep first and foremost. Too many inexperienced WILDers put way too much emphasis on not moving. If you are worried/thinking about not moving and being still, this is a recipe for failure. I always found it so much easier to just not worry so much about a stationary position and I put more emphasis on comfort. When I roll over and move, I perform this process slowly as to not exert too much energy. I can't count how many times I have hit SP right after rolling over. I'll be on the brink of sleep, but I'm uncomfortable or have a body numbness that is distracting (the numbness not to be confused w/ SP vibrations), so I roll over in a comfortable position and my body is like, "Oh Yeah! Thats the spot!" And BAM!! SP sets in and I've begun the process of the transition. The reason most claim you need to stay still, is to get your body in the state of rest. They aren't wrong exactly, but they don't always explain why they are telling you to stay still. I don't know about you, but I when I'm going to sleep normally, I don't focus on being completely still and trying not to move. I just get comfortable and drift away. Same principle with my technique. Only difference is keeping the awareness as this happens.

Step 4: SP

SP can be different for everyone. Sometimes you will feel paralyzed, sometimes you may not. Sometimes, you will get vibrations, sometimes you won't. Etc, etc. Once you start to enter SP, you are going to notice something. Usually, people experience some sort of Hypnagogic Hallucination (HH). The most common, in my experience, are auditory hallucinations (hearing noises/things that aren't really there) and visual hallucinations, aka Hypnagogic Imagaery. Just like your thoughts from before, do not focus too much on any particular HH/HI. For HI, just casually let them pass by your "mind's eye." Similar to watching a t.v. show that you don't particularly care much about either way. Make sure you remain still and as calm as possible during this time (if you happen to move or get excited, don't give up or start over, just carry on with the process as if you never moved or got excited in the first place). Just allow the process to do the work for you. Same with auditory hallucinations. Just casually listen to them as if they are a tv program in the background. Try not to understand or pay too much attention to the hallucinations. Just let them do their thing and keep staying relaxed. Keep in mind that at this point, you are transitioning into sleep. Your body/mind is falling asleep and this SP is the beginnings of your dream. Think of any hallucinations you experience as the very first part of the dream you are trying to enter. Its beginning to form, this is just the first step. Relax and just let the dream form on its own. You are just observing the process, you don't need to actively try to create a dream scene. That part will take care of itself. Trying to do too much during this process, can cause you to inadvertently wake yourself up. You are falling asleep, allow it to happen. A lot of strange things can happen during the transition of a WILD. Often times, m body just starts sliding and floating all around the room. If this happens, I simply wait for it to stop sliding and moving. This is yet another hallucination that is occurring during my transition. Just relax and wait it out. Try not to get impatient and lay there until things become relatively stable. It really takes a feel to get used to when the transition has completed. Just gain experience and learn from each WILD attempt and each trip into the transitional phase.

Once you see a full dream scene (with WILDs you will generally see the ceiling or the sky from your laying position, it is often referred to as "seeing through your eyelids"), stand up from your resting place and you should now be lucid! I suggest performing a RC upon at this time, especially if you think you have failed the attempt. Often times with WILD, your dream starts right where you fell asleep in waking life, so you may not always notice that you have succeeded. The room can look exactly like it should and this can sometimes fool you into thinking you have failed. Plus, it is very possible to have a False Awakening as soon as you transition.

Why do I never get HI? I've done WILD lots of times, and I feel the vibrations (it's really small, like in my legs) and I can hear a really quiet buzzing noise and I feel all prickly and stuff but I never get HI. I've tried to like get the scene going and let my dream take over, but the second I stop providing it nothing happens. Can you help me? And also, one more question. How do you know your in SP, like without moving to see?

Well, HI happens most of the time, but not all the time. I've had plenty of successful WILDs where I didn't get HI at all. Its a lot more uncommon to not get HI in my experience, but it does happen. If you hit full blown SP, you will know it. You will hallucinate and dream elements will begin to happen. The hallucinations can be different every time and often times, unique to YOU. You are going to feel/notice the body change. Its going to feel like you are falling asleep and making progress. The HI is one of the

last things to kick in on most dreamers, so if you've never experienced that full on SP, its not that surprising that you haven't saw HI. It really sounds to me like you just aren't getting to the stage where you are actually falling asleep. The small vibrations are numbness which is one of the first things that can happen, along with the light buzzing. You are right on the verge of hitting that full blown SP. Also, don't try too hard to force things. Just casually gaze into the darkness of your closed eyes. Stay calm and just let things happen on their own. If you are trying too actively to get the scene going, that is going to hinder your progress. The primary goal should be relaxing and striving toward sleep. The idea is to teeter right on the line between consciousness and unconsciousness. That is why WILDing consistently is such a delicate process. My best advice to you is to just keep trying and keep practicing. Makes sure you don't try too hard to push the process along. The best way to speed things up is to just fall asleep faster. Best way to do that is to relax and stay comfortable. Casually observe the darkness and the HH will start to slowly show itself. Don't be looking around for it in the darkness, just observe and let the process play itself out.

KingYoshi's Quick Guide to DEILD

First thing's first, DEILD can be the easiest technique to inducing a lucid dream. What you have to do, is simply become aware of yourself waking up before you fully wake up.

When and how to DEILD

At the End of a Lucid Dream (Chaining Lucids)

There are several opportune times you can successfully DEILD without any sort of premeditation. The easiest of which, is at the end of a Lucid Dream. This is known as "Lucid Chaining" and it is very easy to do. If you are within a lucid dream and you feel yourself starting to wake up/losing the dream, don't try to fight it or hold onto the dream. Immediately, lay down and close your eyes. Even if you are still in the dream environment, but feel the dream starting to slip away, just lay down right there and close yours eyes. Now, keep your eyes closed and stay as relaxed as possible. Try not to move much at all. If you do, its not the end of the world, but since you were lucid and prepared to DEILD, just lay still and calm. Try to keep your mind "quiet" by just relaxing and just observing the process. Much like during a normal WILD, you don't want to do anything. Just lay there relaxed and let the natural process do all the work for you. You will be able to feel it in your body as you wake up and then slip right back into sleep. Most of the time, in my experience, the DEILD process only takes a few short moments. Sometimes there is a WILD-like transition with a few brief hallucinations, but most of the time, you just wake and then go right back into the dream. Most of the time I either end up right there in the dream environment that I initially laid down in, or I'm in my bed/place of rest that I actually fell asleep in. If you think you failed, be sure to perform a few RCs. You can sometimes be fooled by a False Awakening or the setting in which you return to the dream state.

Using this method, I have chained 8+ lucid dreams before. It is great for keeping the experience going if you accidentally get too emotional and kick in your adrenaline. Keep in mind, that the more dreams you chain, the easier it gets to forget the very early parts of the chain. I usually chain 2-4 lucids and the just allow myself to wake up so I don't forget anything.

Upon Waking from a Non-Lucid Dream

This one is a little more difficult, but its not hard if you can catch yourself early enough. Basically, upon waking up, you just simply try not to move too much, close your eyes, and go back to sleep. Your body is already relaxed from sleep, so this is like you are performing a normal WILD, but you are very far along in the process already. So, the key is to stay relaxed and just witness yourself falling back to sleep. Just casually observe the darkness behind your eyes and drift slowly into the dream state as you teeter on the line of consciousness and unconsciousness. The success rate will be higher the less you move upon waking up. Also, if you can keep your eyes closed, that is going to help as well. Neither of those things are required and you can definitely DEILD even after you have moved and opened your eyes, so don't give up. Like every WILD/DEILD attempt, if you fail, perform a few RCs just in case. You may have been fooled into thinking you failed.

Using an External Device

Basically, using some sort of alarm to wake yourself up. The key to this is to recognize the alarm sounds as quickly as possible. As soon as you recognize the sound, hopefully before you are fully awake, go right into the DEILD process. If you catch the sound while you are in the dream or waking from the dream, just lay, down, close your eyes, and relax. Basically, use the DEILD Chain process. If you woke up, just use the "Waking from a normal dream" process. You want to use an alarm that doesn't last too long and shuts off automatically. You also don't want to use an alarm that is going to jar you awake. You want it to gradually wake you up. The best alarm would be one that starts off quiet, keeps a consistent sound, and gradually becomes louder and louder. The consistent sound can help you recognize the alarm, especially after several attempts. You will slowly learn to recognize the alarm sooner and sooner. Even to the point that you recognize it while still in the dream. The gradual increase in volume can help ease you awake, so it doesn't startle you awake and hurt your chances.

If you start the DEILD process and the alarm hasn't gone off yet, don't worry. Just pretend it is one of the WILD hallucinations and don't even pay attention to it. Just casually observe everything, the alarm included. Stay calm and continue to fall back to sleep. Its the same concept as falling asleep with the TV on. You can still fall asleep with sound going, just don't focus/lock in on it. Let it be normal background fodder as you carry out your process.

DEILD Closing Tip

DEILD is pretty easy and very basic. You pretty much just lay there relaxed, calm, and fall asleep. DEILD is a specific form of WILD and you should treat the process as such. Just imagine during your DEILD that you are performing a WILD, but you have basically skipped 75% of the early process and you only have to go 25% more to complete it and be successful. Just like a "normal" WILD, you have to fall asleep first and foremost.

Bonus Technique

Dry Spell Killer: The Actor's Technique

I have seen more than a few members across the forum who are having trouble achieving lucidity no matter what technique they try. They either can't seem to either achieve lucidity for the first time (which can be the hardest for many dreamers), or are in a long dry spell and can't seem to get out. I have suggested this to a few already, but I figured I would go ahead and post this technique for everyone to see (plus I don't want to have to type the whole thing up every time). I don't use this every night, because I don't want it to become routine (it probably won't work as well if you overuse it). It works like a charm for my dry spells though...

For anyone experiencing a dry spell or having trouble achieving lucidity for the first time you can try this simple "mind over matter" technique. I use this to help break out of dry spells and I generally suggest it to others who are experiencing dry spells. I think it will also help first timers achieve lucidity. Basically here it is...Upon laying down to sleep you need to alter your state of mind. Basically, act as if you are an expert/experienced lucid dreamer and you know 100% that you will have a lucid dream. Don't only say/think to yourself that you will have a lucid dream, but truly 100% believe that you will achieve your goal easily. The best way to describe this "state of mind alteration" is to compare it to acting. Many actors and actresses "get into character" for their particular roles. They will spend several days (or even longer depending on the actor/actress) acting as if they are a completely different person to better prepare and play their role. Basically, you are trying to "get into the character" of an experienced/expert lucid dreamer. You could even go as far as getting into the character of "The Best Lucid Dreamer Ever." The idea is to fall asleep knowing and expecting yourself to become lucid, because you have done it millions of times before and it is easy for you. If you can do it correctly, and truly convince yourself that you will achieve lucidity, than it will greatly raise your chances of success. During a dry spell, I do this for as many nights as I need to break it. I usually am able to overcome my dry spell the very first night trying. Make sure that if you do not succeed, that you stay "in-character" and tell yourself/convince yourself that last night was a fluke and there is no way you won't become lucid the next night. You would be surprised how well this simple method can work. All it takes is a bit of "acting" !

Note: This isn't a WILD method, but you could try it with WILD if you like (I actually have never paired it with a WILD before). I simply use this as I fall asleep normally. Usually when I succeed, I just randomly become lucid in my dream. Essentially its just a DILD/MILD method.

Jeff777's Free-falling WILD technique

Step 1 - Free-fall

With this method, WBTB (Wake Back to Bed) not required for entering Sleep Paralysis, but it's very helpful in entering into a WILD. Lie down in whatever comfortable position you want, and let your mind chatter or go over what it was doing that day. This is good. Most relaxation or SP induction exercises teach you to clear your mind and focus on something.. But doesn't your mind usually trail off to something else? That's because your brain has processed a lot of information that day and needs time to unwind, just as you, after a hard days work, need time to unwind and relax when you get home. Passive awareness of your thoughts at this stage is key for moving into the next stage.

Step 2 - Chaos theory

Once you start noticing illogical images and patterns (only the illogical ones signals the cue to move on!) making its way into your mind, then you're ready to move to step three because at THIS point, your body is going to sleep and the part of your mind that deals with logic and reasoning along with it. Any sudden thought that, with conscious logic and alert reasoning, does not make sense is considered an "illogical thought"; and for understanding purposes, the term chaos refers to illogical images and random

thought patterns. If you'd like to speed up the free-fall into chaos process.. try free-falling "with a weighted jacket on". You can do this by creating illogical images and thoughts yourself. This essentially speeds up the shut-down process. After 5 - 10 minutes of doing this, you should have effectively triggered the neocortex/frontal lobe to begin hibernating, thereby tricking it into creating illogical thoughts and images now on its own accord, without your assistance anymore. I only recommend speeding up the process if you're good at passively observing your thoughts and have no problems catching yourself before you fall too far.

- Sometimes these thoughts will shift in quickly when you're relaxing. When the first one hits my mind, I like to mentally recognize it and sit in a little chair and watch where else my mind continues to go until I think its time to stop free-falling into chaos and begin the next step.
- I call this the free-fall relaxation technique because unlike most tutorials that want people to creep into the SP process, I encourage one to free-fall to great depths but to catch oneself before hitting the ground (unconscious sleep), by using all 5 steps. The steps used in this method cut my learning curve down and allowed me to enter into WILD's more quickly because I'm able to enter SP more quickly. If you're sufficiently relaxed and you've passively noticed your thoughts becoming illogical (free-falling into chaos), you're ready to pull that rip-cord and move on.
- If you feel as if you haven't let yourself fall far enough.. resume the free-fall technique until you're deep enough to move on. Passive awareness IS KEY.

Step 3 - Readjustment

If you weren't lying on your back already, then the next step is to lie on your back. Some sleep studies suggest paralysis is easier to attain when lying on ones back. If you find it difficult to stay in this position comfortably because you are accustomed to sleeping on your side - tilt your head sideways on your pillow. That should offer some balance.

Step 4 - Deep Breaths

What you want to do next is elongate your breathing. You want to mimic the body's natural breathing pattern when it's asleep. When sleeping, we tend to breathe deeper. You don't want to take very deep breaths but you do want them to be somewhat longer than how you breathe when you are awake. Like with Chaos Theory, after about 5 - 10 minutes of doing this step, your body should naturally take over this rhythm and you won't be required to force this breathing anymore.

Step 5 - Maintaining State

Your body is sufficiently relaxed, your breathing is as it is when you are sleeping and your mind has free-fallen enough to where its logic and reasoning centers are trying to shut down, - Now that the hard part is out of the way, it should be smooth sailing from this point on! So now, let's maintain awareness.

- If you notice yourself slipping away, try doing basic math. Nothing complex, but something that requires some actual thinking... not automatic answers.
- One thing I've found that helps me is by mentally repeating, in between breaths, "I remain consciously aware as my body falls to sleep". If you want to maintain logic, reasoning and awareness as your body falls to sleep, - in between breaths, mentally count down from 100 - 1. You should shift into sleep paralysis before you get to 1. If you haven't shifted yet, Count down again. The shift is unmistakable. You may feel vibrations, a wave of energy sweep over you, a lead blanket being pulled over you, or you may even notice your hearing shift from external to internal (real time hearing). All of these are indicators that you've successfully (and consciously) entered into sleep paralysis.
- Try to remain as still as possible. Swallowing saliva won't help you but won't hurt that much either. It all comes down to awareness and focus. Energy flows where attention goes. If too much focus and attention is going to your throat (to swallow or not to swallow!?) instead of relaxing, then more energy is going there as well. Result? You won't be going to sleep anytime soon. For more simple solutions I give to combat swallowing, eye movement, twitches and more.

Something every LD'er should know

Hey guys, this will be pretty short. From reading over the questions posed to me by many attempting the "Trick your body into fall asleep while keeping your mind awake" method...it's become quite apparent that a majority of the people i'm approached by have similar problems that they can't seem to shake, but in my opinion are the easiest to solve. These problems i'm referring to are as follows...Attempting to LD at night, how to keep your eyes from moving/opening, how to stop swallowing (or at least how to do it without reseting your internal clock), and the "wave" of Sleep Paralysis. Although i've posted some very helpful information to assist you with said information in the aforementioned link, i'll go a bit more in depth here.

Q: Why don't I ever seem to succeed when Ld'ing at night!

A: Because you're doing it...at night. Look, LD'ing or having an out of body experience without a couple of hours of sleep under your belt is as i've said time and time again "like fighting an uphill battle." It's not easy, believe me I know...but keep at it. And to add more credibility to WBTB's i'd like to inform you that 99% of my LD'ing and OBE'ing success has been because i've gotten sleep first and woken up after a few hours, only to go back to bed again. Don't make it harder on yourself...but if you still don't believe me and you're of the mind "Jeff, wtf do YOU know!! I'm gonna do it whenever whenever whenever I want!". Fine go ahead. But let me explain something to you first. Your body is a chemical producing machine. It produces certain chemicals to keep us functional on a daily basis. The chemical responsible for awareness/clarity/consciousness dwindles down through the day from being used and only through sleep can that chemical be increased. My point being, biologically...it's harder to LD at night.

Q: My eyes won't stop twitching and moving! It's hard to keep them closed and whenever I get deeply relaxed...they want to open again!!

A: Got a case of the "over-eager and don't want to stay closed eye syndrome?" Copyright Pending. Sadly folks close-sesame won't work for this. The thing you MUST understand is that your body is a complex machine...your exterior is physical and there are certain things you must do for/to it if you want it to work in your favor. Again, i'm coming from a scientific and biological standpoint regarding this matter. You see the thing about your eyes is that throughout the day they are constantly on the move (this is called "micro-movements"), looking in many many directions, literally moving thousands of times before you turn in for the night. So your eyes are on redbull, what can you do? Work WITH the body versus against it. Before you attempt to do your LD, (If you haven't done a WBTB and you're just doing it straight off) Turn your lights off 30 minutes prior to attempting (Yes, stay in a dark room for 30 minutes...this gives your eye muscles a chance to relax without trying to keep them forced-closed. This works wonders for me...100% success rate wonders. A very dimly lit room can work as well, but it's not as effective as total darkness. I'll illustrate this point in a scenario i'm sure everyone is familiar with. While in a dark room, sleeping at night...ever had someone come in your room and turn on the light only to find this upsets your eye muscles and you quickly find yourself squinting so as to let as little light in as possible? Your eyes hurt just a bit because they have "adjusted" to the darkness, just as they'll have to "readjust" to the light. If you decide to WBTB before attempting, then the lights off or dimming isn't necessary pre-WBTB, though it is necessary your lights be off when you wakeup...during your WBTB time, keep your lights dim, preferably off. How important are the eyes you may say? The eyes don't matter that much you may think? The eyes are a critical component when it comes down to WILD'ing, whether you're moving your arms or you're moving your eyes...you're still moving and that can halt your chances of success.

Q: I can't stop swallowing! Everytime I try and focus on stopping myself from swallowing, I do it even more...it hurts and the saliva wells up in my throat! help!

A: Ah yes, now we're down to the infamous swallowing. Fold a towel and place it under your head to tilt your head slightly up so that saliva can naturally slide down instead of welling up at the back of your throat. That's about 30% of the victory when it comes down to not swallowing. The other 70% is by NOT FOCUSING ON YOUR THROAT. So many people will tell me "Jeff, I can't help it...I tried so hard not to swallow but then..." Energy flows where attention goes and attention goes where energy flows. What's that mean? That means the more you focus/direct your thoughts to something, the more you're going to increase that things chances of occuring. Sort of like the law of attraction. I had the hugest problems with trying "not to swallow"...but that only ended up in me doing it more and more. Focus/direct your thoughts to something else...monitor your body passively and let it do it's job without you focusing on every aspect of what's going on...what job is that? (TO GO TO SLEEP) When I stopped focusing on my throat and tilted my head up...swallowing when attempting a WILD was never a problem for me again. In the end, if you have to swallow...let it be something that's natural where you almost don't notice it...instead of consciously debating in your mind when the urge presents itself, whether you're going to or not.

Q: I've never felt a "wave of energy" when attempting, i'm a failure!

A: And you very well may never feel this "wave" i've heard so many talk about. I can recall only experiencing this "wave" once when transitioning into sleep paralysis. In my experiences with sleep paralysis...i've sunken through my bed, felt this "wave" of energy, felt vibrations, heard very loud beating on my bedroom door, and heard horrible blood-curdling screams right outside my bedroom door. These are (but not limited to) what you may experience. The buzzing sensation, ringing/roaring in the ear, and music being played are things that are a common occurrence during sleep paralysis...though i've never experienced them. Point made.

To each and every one who has been trying and progressing (And by progressing, I mean learning more and applying what you're learning to change the results you're getting; eventually yielding better ones) I'm proud of you and through persistence and competence...I don't doubt that we will eventually reach our goal of being able to LD

WILD - How To Fail A Wild, by AllInYourHead

How to Fail a WILD

From all the information I have read in the past about WILDs, I've been told countless amounts of times about "How to do it". I've taken a different approach in this tutorial, rather than telling you how to do it, I'm going to tell you how not to do it as I feel it would be more beneficial. Well, here we go:

Barrier No.1: Not being relaxed/Being stressed.

If you've had a hard days work or just have something on your mind, nagging at you, then its probably a good idea to try solve the problem, or if not possible, try spend more time in the relaxation stage before attempting a WILD. Reason is: your not going to be able to get a good or constant level of concentration, which, of course, is needed to enter the later stages of a WILD.

Barrier No.2: Talking to yourself(Inner dialog).

Again this falls under the category of concentrating; the mind needs to be almost blank to enter the deep stages. To achieve this, use techniques like concentrating on your breathing or an object in your head. You'll find that concentrating on one thing for a period of time is actually much harder than it sounds. Having said you should concentrate, try not to over-concentrate(ie. Putting all your efforts and mindpower into the task) as this can prohibit you from falling asleep. From all the resources on WILDs I have read on the internet, not one has ever specifically mentioned this, resulting in me staying awake for up to 60-80 minutes before without any end product(Well done me). Do try concentrate but also try to relax on the effort if that makes sense.

Barrier No.3: Fear.

Fear is probably the most common cause of a failed WILD attempt. Even though you've probably heard people telling newer members that there's no reason to be afraid, they too were probably afraid at first. I was startled and afraid the first time too. It's a new experience and you have to get used to it. But trust me, if you can shake away that fear(which will shake itself away anyway after a few times anyway) it should be a fun ride through the vibrations. Theres absolutely nothing solid behind the fear, its just a fear of the unknown.

Barrier No.4: Using a technique that doesn't suit you.

When I was starting WILDs I made the mistake of using techniques that weren't suited towards me. For example I tried to use a technique involving focusing on hypnagogic imagery when I could rarely ever see hypnagogic imagery. I used to also try intense visualisation methods, though I'm not very good at it. I know it's harder than it sounds, but try to find a technique that suits you.

Barrier No.5: Having a distracting environment.

I don't remember how many times I've been trying to WILD when my little brother or sister run into my room and start pounding me silly(I know they love me) or when a football suddenly bangs off my window and jolts me awake. Try to choose a time where you wont be disturbed during your attempt, and maybe don't attempt if there is a good chance you will be distracted or woken as it may just frustrate you. Also as a sub-note, make sure your not hungry, thirsty or need to go to the toilet before you attempt.

Hope this has been beneficial to you, and good luck with your WILD attempts - Allinyourhead

MILD - "Mnemonically Induced Lucid Dream"

Wiki MILD Guide

MILD stands for Mnemonic Induction of Lucid Dreams or "Mnemonically Induced Lucid Dream". This technique makes use of your ability to recall your intentions in the future (prospective memory), making you more likely to remember to question the dream or your intent of becoming lucid, or making a reality check. This can be done in several ways:

- By the use of mantras and reality checks;
- Visualization;
- Exercises that improve your prospective memory.

Because some people have an easier time remembering their intention than others, the time it takes to obtain a lucid dream may vary, which is why MILD tends to be such a reliable technique for some. Over time, as your prospective memory improves, you'll notice more consistent results, not only in achieving lucidity, but also in remembering actions and plans you have for your dream adventures, and even having an easier time remembering to wake up in the middle of the night if you're trying to WILD.

Background

Dr. Steven LaBerge created this technique and wrote about it in his book, "Exploring the World of Lucid Dreaming." Since he first wrote about this technique lucid dreamers have developed several variations.

Preparation.

- **Dream Recall:** Should you try to increase your chances to MILD by performing a WBTB, you want a decent recall in order to remember your last dream. The reason for this is because it's common among MILD users to visualize the last dream they had, but introducing a new element on it: lucidity. You'll want to take some time to recall your dream and imagining it with you lucid. And of course, you want to be able to remember your successful MILD!.
- **Reality Checking:** Because the goal of a MILD might be to remember to RC in a dream, you need to be familiar with them. They are meant to help you develop the habit to do them, which will eventually make you "remember" to do one in a dream. Doing the reality check is not enough though: you want to include in it the intention of doing one while dreaming, or in the nearby future (this way, regardless of you thinking you are asleep or not, your brain will remember to do it, which is effective even if you are tricking into thinking you aren't in a dream).
- **Using a Mantra for your Intention:** A mantra is any word, phrase, or sentence that you repeat to yourself to help you focus on and remember your intent of becoming lucid. There are many good mantras for MILD. You should choose one that you think will work for you. You can always create your own or change one of these suggestions. Some ideas for MILD mantras include:
 - I will realize I am dreaming.
 - I am aware/I am lucid.
 - I question my reality.
 - Lucidity is my goal.

Ultimately, it's not the specific wording that will make you lucid, but it's the connection you establish with your mantra. This means that even a simple mantra like "I am aware", if clearly expressing and reminding you that you want to be "aware in a dream", can give you great results. Remember, it's all about focusing on your intention!

Making use of Visualization.

Visualization is another powerful tool to help you achieving a MILD. By recreating a scenario where you can visualize yourself while lucid and carrying on your intent of doing reality checks, questioning if you are dreaming, or even repeating your mantra, you're increasing your chances of incorporating these thoughts in your dreams. Your visualizations don't need to be at a perfect level, because just the fact that you're thinking about your intent is enough to provide results, since your brain will make use of this "memory" to remind himself later.

- **Choosing a Dream Scene for Visualization:** If you're practicing MILD by visualizing a past dream or a dream scenario, you should choose a dream that you remember vividly. Imagine what would have happened if you had noticed a dream sign or had wondered it was a dream and did reality checks. Another option is to imagine a dream scenario that includes you doing reality checks or a dream character telling you to perform them. Imagine what it will be like to realize you are dreaming. If you happen to wake up in the night while trying to MILD and remember a dream you just had you can use it instead. Just imagine that you are back in that dream and doing a reality check, like described above.

Improving your prospective memory

As you may have realized by now, the way of becoming lucid through MILD is by remembering to question your reality, do a reality check, among other things (some people use MILD to aid them remembering things they want to do in a dream!). This particular type of memory that allows you to remember something in the future is called prospective memory, and it's a very important aspect for every lucid dreamer, because it helps us in several techniques (not just MILD). So how can you improve it in order to increase your chances of remembering your intention of becoming lucid?

LaBerge itself mentioned a type of exercise that is not only very simple, but also provides great results by making you more focused on your task to remember something later on. We'll take a quick look at how you can perform it:

- Each morning, pick 3 elements. You want them to be some what common during your usual routine, since the goal will be spotting them every time they show up, but they can range from a simple object (Example:"red car", "your watch" and "text message in your cellphone"), to an action ("drinking water", "sneezing" or even "opening a door", or a person ("your sister, your cat, your best friend"), or even a specific location ("whenever you leaving a building" or "whenever you arrive at home or school/work"). You got pretty much an infinite number of options, which will be useful later, because you want to use 3 different elements every day!
- Now that you picked your 3 elements, try to focus on them for a moment. You want to really state your intention of reminding yourself to questioning your reality and doing a reality check every time you see one of them. Be confident that you will remember to perform these actions whenever you spot one of your elements during the day!
- When you reach the end of the day, try to recall what happened: did you do a reality check every time you spotted them? Did you forgot? How many times did you remember them? Next day, pick another 3 elements and repeat the exercise.
- At first, you may spot one of them and forget to question reality or do a reality check, but it's okay. As you practice and your prospective memory improves, you'll realize that you're able to remember your intention much easily whenever you spot one of your chosen elements. This is a great thing, because you will have more chances of remembering your goal to becoming lucid. In the same way you train yourself to remember to do a reality check or question reality during the day with this exercise, your intention of doing it in a dream will also be more easily recalled, just state it firmly and watch the result of your daily practice.

How to MILD at night.

- Relax. Use whatever relaxation technique you have found works for you. Do it for 5-10 minutes, or longer if you need it.
- Once you are relaxed repeat the mantra you have chosen for your intention over and over to yourself in your head. Keep your mind focused on your goal while you do this. You should repeat this mantra as long as you can, but you don't want it to keep you awake. Try to make your last thought before falling asleep be about lucid dreaming.
- If you wake up during the night lay still and try to remember any dreams you have had. Write down some notes about them immediately. If you haven't had a lucid dream yet you may repeat the MILD technique if you wish.
- If you sleep through the night try to remember any dreams you had before you get out of bed. Hopefully you had a MILD during the night and will remember it now.

Visualization

- You can still make use of your mantra, but at some point before falling asleep, you want to move on to the visualization step.
- Call up the dream memory or imagined dream scenario you have chosen. Add to it you doing a reality check and becoming lucid. Imagine it vividly. What emotions would you feel? Although it is important to visualize vividly you don't want it to keep you awake. If you can't fall asleep as you do this, visualize for a few minutes and then go back to the intention mantra. Try to make sure your last thought before falling asleep is about lucid dreaming.
- If you wake up during the night lay still and try to remember any dreams you have had. Write down some notes about them immediately. If you haven't had a lucid dream yet you may repeat the MILD technique if you wish. Then visualize yourself in those dreams while being lucid, questioning your state or doing a reality check.

Speeding up the process.

- For even better chances that you will have a lucid dream you can also repeat mantra during the day when you have a chance, or even schedule a few occasions to perform visualization. The prospective memory exercise mentioned above will also help you taking notice of your improvements and be overall more focused on your intention of becoming lucid.
- If the visualization always makes you too awake to fall asleep do it first, then do your mantra as you fall asleep.
- If your mind starts to drift as you fall asleep and keeping up the mantra or visualization wakes you up it is okay. You just want your last thought to be about lucid dreaming.

Article: MILD - Mnemonic Induction of Lucid Dreams by GestaltAlteration

The following is suggested for lucid dreamers who have been working on their dream recall and have made the commitment. Remember you should have at least one dream per night to be fully effective at remembering lucid experiences. However, everyone can do it.

This will help in the following technique.

Relaxation -- Simple meditation is a good way to relax while getting ready to use an induction technique. There are many ways you can do this. One example is to observe your thought process. Let your thoughts arise and go. Picture it on a white cloud as it goes overhead and passes out of sight where another cloud appears. It is suggested that you do this for 5 to 10 minutes. Another way could be to clear your mind of everything and focus on your surrounding. Find the relaxation technique that is most comfortable to you.

Mnemonic Induction of Lucid Dreams (MILD)
Created by: Dr. Stephen LaBerge, Ph.D

This technique is quite effective and had has helped many people step over the threshold from physical to dreaming.

1. Find a position that works for you and that you can easily and comfortably fall asleep.
2. Relax (Refer to the Relaxation section above this)
3. Repeat to yourself as you fall asleep: "I will wake up after every dream period and I will remember my dream" Believe that you will wake up after each dream (the first

- time I tried this it has worked moderately well; another way you could do this is set your alarm. Practice makes perfect). Eventually waking up after each dream should become automatic.
4. When you wake up write down your dream immediately. Even if you can barely remember anything, write down how the dream made you feel, or how you felt when you woke up.
 5. Lie down and drift back to sleep. Imagine that you are back in the dream that you just had. This time, however, imagine that you saw a dreamsign in your dream and recognized it. As you fall asleep keep visualizing yourself in your dream, recognizing your dreamsign, and realizing that you are in a dream. Try not to let your mind wonder.
 6. Repeat steps 4 and 5 every time that you awaken during the night.

If all goes well, the above will launch you into your own lucid adventure. For more information refer to Laberge's book "Exploring the World of Lucid Dreaming."

Small MILD FAQ –

These are some questions about MILD that may help. This information is only one of many possible options for correcting issues encountered during the MILD technique.

- Q: What should I do before going to bed?*
A: There are many things that can affect your dreams and the way you enter them. I would say the only important thing is comfort. Have a content stomach and a empty bladder. Those these are not essential they will aid in concentration. Also you will wake up hopefully the same way you went to bed.
- Q: I didn't wake up after my dream period! What's wrong?*
A: Though in most cases you should wake up, sleeping all the way until morning is not abnormal. You could be new to the technique, too tired or it's just a fluke. I suggest starting with an alarm if the first few nights aren't productive.

- Q: I wake up but fall asleep before getting to write in my dream journal. What can I do to prevent this?*
A: I've experience a lot of this myself and so far I've failed to get myself up when I'm extremely tired. There are ways to help you such as having a light next to your bed to minimize movements and having your dream journal prepared in advance. Be sure to only write key words for recalling the dream in the morning. Also try not to wake up too much during this so returning to sleep is easy. Motivation is key.
- Q: I have an itch but I'm just getting into it! Should I scratch it?*
A: Scratch away. Just don't think about it and return where you left off. You will be back in business in no time.

Final advice: Make sure that your mind set is set on having that lucid dream right before you go to sleep! Don't let your mind wander.

Good luck and Have fun!
-GestaltAlteration

Naiya's Simple MILD Technique

Naiya's MILD Technique

Introduction

Most of my lucids are MILDs. Even though it is probably one of the less popular methods, in my opinion it is one of the most reliable and versatile things you can do. The great thing about MILD is that you don't need to remember to RC or build up daytime awareness, and it doesn't require you to lose any sleep. All you need is a few minutes before bedtime. MILD is also complimented by WBTB and reality checking, but it can do very well as a stand alone method. A lot of people who are new to LDing ask what the easiest induction method is. It's hard to answer that question because different methods work for different people. Having said that, I have always thought that MILD is the perfect method for beginners. It is much more forgiving than, say, WILD, because as long as you keep trying, there really is no wrong way to do it and you will eventually succeed.

A word about consistency: one of the biggest pitfalls I see is when a person tries one method for a week or two, then decides it's not working, and switches to another method. They jump from one method to the next and believe that nothing is working for them. It's very important to understand that lucid dreaming is a skill. While some people might start out with a talent for it, the rest of us have to build up from being beginners. So switching methods would be akin to trying to learn piano one week and then trumpet the next. You never give yourself the chance to master any of them. The mind needs time to internalize what you are trying to learn before it can give you good results. With lucid dreaming, even though you may not have lucid for the first few weeks, just affirm to yourself that you ARE making progress. Practice and consistency are extremely important with MILD. To get the best results, you should be doing it every single night. If you wake up in the morning with no lucids, don't think of it as a failure. If you did the MILD before bed, then consider it a success because you got your practice done. Your lucids will come when your mind has begun internalizing your practice.

Preparation

Before you begin, it's best to make your environment conducive to MILDing. For starters, you will need to set aside at least 5 minutes just before bedtime for the MILD. If you want the best results, I recommend a little more time, maybe 10-20 minutes total. It's important to make your attempt when you feel relaxed and your mind is free of daily worries and nagging thoughts. Spend a minute or so (or more if you are a meditator) letting go of any thoughts and worries. Make it an ironclad rule to not worry about your daily life when it's bedtime. If you need to, jot down your worries and thoughts (i.e. "I need to get gas tomorrow") in your dream journal so you can read any reminders or worries in the morning. You might try imagining that you are throwing your troubles and your thoughts away in a well or a box near your bed. If you are still being plagued by worries and thoughts, affirm to yourself that the best thing you can do for yourself and everyone around you at this moment is to get a good night's sleep and be relaxed and happy in the morning.

The next part depends on how easily you fall asleep. If it takes you a long time to fall asleep (10+ minutes), then you may lie down and get comfortable as usual, and do the MILD as you fall asleep. Don't worry about trying to keep it up to the very last moment you fall asleep, because that will keep you awake. But try to make sure you keep your mind on it for at least 5 minutes before letting your mind wander or dropping off. If you are the type who falls asleep within a few minutes of hitting the pillow, you may not want to lie down for the MILD. Instead, turn off the lights, sit comfortably on your bed, and after at least 5 minutes, go ahead and lie down to sleep, keeping the MILD going as you fall asleep.

On WBTBs: If you wake up naturally during the night, it would increase your chances of getting lucid if you repeat the MILD when you go back to sleep. If you have the need or want to, you can set an alarm or two at night to increase your chances. It's not necessary, but it can help a great deal. Don't worry about being consistent in the number of MILD attempts per night--it only matters that you do at least once per night total. It's very important to keep a dream journal for MILDing, especially if you are coupling it with reality checking. When you keep a dream journal, your recall gets better, and with that, it will be easier to MILD.

It's very important to keep a dream journal for MILDing, especially if you are coupling it with reality checking. When you keep a dream journal, your recall gets better, and with that, it will be easier to MILD.

The Method

Once you have settled down your mind and you're comfortable, turn your attention to lucid dreaming. Recall your most recent dream, in as much detail as you possibly can. Imagine yourself exploring the dream as if you had been lucid in it. Believe that you are back in the dream again, only lucid. Believe that, in only a few minutes, you will soon be dreaming again, and imagine yourself knowing it's a dream, doing whatever you want. You can come up with any scenario you wish for this. It may be helpful to imagine yourself completing whatever tasks or goals you have. If you can't recall a recent dream, you can use any other dream you had, as long as it was vivid enough to remember it with a good amount of detail. This can be really helpful if you want to go back to a certain dreamscape.

Another variation of this is to use a movie, video game or book. You can make up a completely imaginary environment, perhaps something from your daydreams. Imagine yourself lucid in the environment, doing whatever you want to do. It helps if you see yourself doing fun or interesting things, because it keeps you motivated. You don't have to imagine the same thing in every MILD attempt. If you did, things might get boring and your mind will not be in an active state. So don't be afraid to change it up, use a different dream memory, or imagine new things. If you have time during the day and you want to give your MILD a boost, you can practice it in the middle of the day. Simply daydream yourself into a lucid daydream. It will help build up your visualization and creative skills, which are useful for not only MILDs, but dream control.

Using Autosuggestion

Using autosuggestion or mantras, either alone or with the visualization, will help you MILD. Remember that the mind ignores negation when you are coming up with mantras to use.

For example, if you use this mantra:

- "I will **not** fail to lucid dream tonight"

Your mind will perceive it as:

- "**I will fail** to lucid dream tonight."

One of my mantras used to be "I will have a lucid dream tonight." I was confused when I starting having only one lucid per night, when I normally have a few. Then I changed it to "I will have many lucid dreams tonight," and I began having more lucid per night again.

Some of my favorite mantras:

"I'm dreaming" => the best for coupling with visualization, really drives it home.
"This is a dream"
"I will wake up in a dream" => to promote FA's. Remember to couple with RCs every time you wake!
"I'll be dreaming soon."
"I will have lucid dreams tonight."

Conclusion

This method is pretty simple, but it can be powerful once it's mastered. Anyone can master it if they put in the time to practice it. You can do MILD while you're exploring other methods, so that if the other methods don't work well for you, there's always that guarantee of getting lucid eventually from your MILDs. Typically I recommend doing MILD for at least 2 months to give it sufficient time to work, but for some it may take more time. Sooner or later it will work--it's just that for whatever reason it takes longer for some people.

Good luck and happy lucids!

DEILD - "Dream Exit Induced Lucid Dream"

Official Dreamviews DEILD Tutorial

DEILD

DEILD stands for Dream Exit Initiated Lucid Dream. DEILD is also sometimes called "Dream Chaining." A DEILD is basically a shortened WILD. DEILD has the potential to let you have multiple lucid dreams each night. This technique takes advantage of the fact that as you awaken from a dream the brain remains in dream mode for a few moments, provided you don't move too much. Since your brain is still using REM waves, you can easily slip back into a dream without having to trick your body into falling asleep. However, if you are at the end of a REM phase you won't be able to DEILD. If you hit the right timing and are able to keep yourself conscious while you drift back to sleep, you'll find that it's relatively easy to enter in a dream lucid.

Background

The DEILD technique had been around for a while. Many lucid dreamers have stumbled across this technique in their own in their pursuit of LDs. Dr. Steven LaBerge outlined this technique in some of his books.

Preparation.

Dream Recall

In order to DEILD you have to have good dream recall. Not only so you won't forget your DEILD adventures, but also because you need to be aware enough of your dreams that you know when one has just ended. It is ideal to establish decent dream recall since it can be much easier to reenter the dream if it is still clearly recalled once you wake up, as opposed to visualizing a completely new one (which you may also do if you prefer).

Awakening After a Dream

Since DEILD relies on your ability to wake up as a dream ends, you obviously need to be able to do this on a regular basis. Many people wake up briefly after each dream already, but are unaware of it. There a few ways to become aware of these awakenings:

- Some people use an alarm of some kind to wake them up during the night. A vibrating cell phone can be used, too. You will need an alarm that turns itself off after a few seconds. The shorter the duration of the alarm the better, as you don't want it to disturb you too much. Set it to go off after between 3-6 hours of sleep. You'll have to experiment to find the best time for you. If you want, you can also set it to go off every half hour after that, to give you a greater chance of waking from a dream.
- Some people train themselves to recognize the look of their closed eyes, because this will signal that they have just woken up. To do this close your eyes while going to sleep for the night. Spend about a minute looking at the backs of your eyelids. Over time you should start to instantly recognize, even when groggy and half-awake, that your eyes are closed and that is a signal that you have just woken from a dream.

If you don't like the idea of an alarm waking you up you can try going to bed a couple of hours early. Many people find this causes them to wake up during the night more than they normally do.

Another way to skip the alarm is to use autosuggestion. With this method you come up with a short sentence or phrase (your "mantra") that sums up your desire, in this case to be aware of waking up after every dream. An example of a mantra you can use is, "I will be aware of waking after every dream." To get the most out of autosuggestion repeat your mantra over and over several times a day. The more you do it the faster and better it will work. A good way to make sure you do it enough is to repeat it:

- Every time, the whole time as you use the bathroom.
- Whenever you wait in line or have other "down" time.

- Whenever you walk through a doorway.
- As you get ready for bed.
- For several minutes as you lay in bed.

How to DEILD.

Once your dream recall is good and you are aware of waking after many of your dreams you are ready to start DEILDing! When done properly the whole process generally takes less than a minute from awake to a lucid dream state. You awake after in a dream. Now try to hold still and avoid if possible opening your eyes. Even though scratching your nose or moving a bit does not end your chances, excessive wakefulness can cause your brain to come out of REM. You need to keep your mind awake, but still in that dreamy, in-between state.

Now a dream will form around you. At this stage you may feel some Hypnagogic Hallucinations, since DEILD is a kind of WILD.

Hints on Staying Still

- If you find it is hard for you to remember to stay still as you awake you can use autosuggestion to plant that goal in your mind.
- Another useful way of staying still is to set two alarms, one fifteen minutes or so before you attempted to DEILD. When it goes off, go back to sleep, but affirm that next time you wake up you will stay still. Because you did your affirmation so closely to the DEILD attempt, it is very fresh and your mind.

Hints on Entering the Dream

- You can enter a dream scenario of your choice by imagining it while you lay still waiting for the dream to form. This is harder to do than dream reentry.
- You can reenter your last dream by simply thinking about it. Most people find this the easiest way to shape a dream while DEILDing.
- If you are more of a tactile person, you can imagine the sensation of movement or of touching something to help you get into a dream. As an added bonus, when you actually can "feel" the movement or object you know your dream body is feeling it and you are in the dream. This acts as a built in RC.
- Be aware of the false awakenings. Most WILDs will start with one. If you think you've failed the DEILD, make sure with a reality check.

Chaining

Many people use DEILD not as a technique to become lucid, but as a method for staying lucid. Dreamers (especially ones who are new to lucid dreaming) tend to wake up soon after becoming lucid. The DEILD technique allows the dreamer to go back into the dream and continue it. The way to perform is right when you realize that the dream is about to end. You might know this depending on the time you started your DEILD, or if you can't seem to prevent the scenario from fading. At this point, you want to focus on your intention of waking up and remaining motionless, while also keeping focus on any dream imagery residue that might allow you the opportunity to enter in the next dream.

Puffin's DEILD Tutorial

I've learned a few things about DEILDing that I'd like to share in one post. I constantly find myself wanting to say these things whenever people ask about this technique, so I've compiled it all into one post.

* * *

FAQ

1. What is a DEILD?

DEILD is short for dream exit initiated lucid dream. It's a lucid dreaming induction method that involves the user remaining still, relaxed, and breathing normally right after exiting from a dream. If successful, the user will be pulled into a new dream while keeping their awareness, like a shortened WILD. DEILDing is key if you want to chain multiple dreams together, one right after the other, so you can continue doing whatever you were doing when the dream ended.

2. When is it easiest to DEILD?

From experience, I find it easiest to DEILD directly after a lucid dream. This way, I know that I'm dreaming and when I am going to wake up. Most people feel their dreams fading; this is a good time to close your eyes, still in the dream, in preperation for DEILDing.

3. Does DEILDing have the same effects as WILDing?

DEILD is in the same family as the WILD technique, meaning it involves tricking your body to think it's asleep. Because of this, using either technique results in sleep paralysis, a naturally occuring state in which you may experience auditory, visual, or even kinetic hallucinations. Nothing can harm you, though.

4. What does it feel like?

Different people have different experiences with DEILD. I often feel my bed right after I wake up from a dream, my eyes still closed and my body motionless, but I try to feel the last moments of the dream I just awoke from. After a few moments, I usually feel a strong but not overwhelming "pull/acceleration" forward or backwards, and this is the dream "pulling" me in. The user may also experience sleep paralysis until they find themselves in the dream, but it normally doesn't last more than a few seconds.

* * *

How to DEILD

This part is divided into two sections, depending on when you want to DEILD:

- When you wake up from a non-lucid dream.
- When you wake up from a lucid dream.

1. Waking up from a non-lucid dream...

Preparation:

- This is the most crucial part if you hope to DEILD without knowing you're going to wake up thanks to lucidity. As the original DEILD tutorial states, autosuggestion helps, and I can vouch for its effectiveness. You can think for a while in bed, "I will be aware when I wake up after each dream, and stay still" or the like. You can also get used to the look of your closed eyelids; spend a while each night observing your closed eyelids, and this will help you stop from opening them after each dream, something that people tend to do. The final preparation step recommended is to practice keeping still after each dream. At first, you may move quite a bit, but stop as soon as you can. After a few days, you should be able to stay still sooner after each dream.

Doing it:

- You'll have to rely on recognizing that you've just woken from a dream by using the above techniques. Once you find yourself in bed, think strongly of the last dream you had, without moving, and breathe normally as if you were still sleeping. Don't tense up in excitement!

- Remember the last thing you did in the dream you just woke from, and imagine the tactile, auditory, and visual senstaions that accompanied it. For instance, if you were walking along a beach, feel the sand grains seperate over your feet and feel the warmth of the sun. Imagine it as strongly as you can and feel it with your body. If done well, you should find yourself back in a dream.

2. Waking up from a lucid dream...

Preparation:

- This is a slightly easier way to DEILD, as since you're aware that you're dreaming, you know that the dream will end when it begins to fade out. You may feel your body in bed more and more as the dream ends. At the point where the dream is almost completely gone, close your eyes normally and you should soon feel yourself back in bed. Doing it:
- When you find yourself back in bed, don't open your eyes or move, and breathe as if still sleeping. However, since your expectation that you'd wake up from the previous dream can sometimes result in a false awakening. Right after waking, I recommend doing a reality check, but not the regular ones: make your eyes look up as high as they can go; if you get any sort of sensation like the muscles in your eye are being pulled or tingly, it's not a dream, and DEILD by imagining the tactile, auditory, and visual sensations of the last dream scene. If you don't get any sensation at all, even a slight one, you are most likely in a false awakening. In this case, slowly open your eyes and do a reality check.

WBTB - "Wake Back to Bed"

Official Dreamviews WBTB Tutorial

WBTB

WBTB is short for Wake Back To Bed and is when you wake up a few hours into sleep to increase your chances of achieving lucidity. WBTB is not a technique in itself, but enhances others to make them way more effective.

How to Achieve WBTB

In order to achieve a WBTB you only need to wake up a few hours into sleep and then go back to bed. For it to be as successful as possible you need to do some planning and give it a few tries. This is to find out a few important things:

- How long is my Sleeping Cycle?
- How many hours into sleep will work best for me?
- For how long do I stay up?

1: We all have Sleeping Cycles that vary. To find out how long yours are, anytime you wake up during the night you make a little note which includes the time. In a week or so you should have enough information to make an estimate. You don't have to do this, but if you do, you'll be able to time them perfectly.

2: The goal is to wake up near the end, or at the end of a REM Cycle. This is why you want to find out how long your Sleeping Cycle is. If you rarely wake up during the night you can just use the most common times which are either 4½ or 6 hours into sleep. Earlier than that and you don't spend much time in REM; later than that and you'll most likely have a hard time falling back asleep. This is something you have to find out by trying.

3: A general rule is this: The longer you stay up, the higher chance of achieving lucidity; conversely the longer you stay up the harder it is to fall back asleep. Some people can't go back to sleep if they've been up for even a few minutes. If you experience this issue then I recommend keeping the WBTB's as short as possible. If you can stay up however, you should. You can stay awake for up to an hour, but between 20-40 minutes should be enough. How long you should stay up is also affected by when your WBTB occurs.

Techniques and mindset

When attempting a WBTB you need to be in the right mindset. You want to be determined and prepared even the night before, to reinforce the idea as you go to bed that the WBTB will get you lucid and believe that it will. Once you're awake you want to keep your thoughts on lucid dreaming and any task you've set up. Logging onto DreamViews or reading a lucid dreaming related book works great. As stated previously, WBTB is not a technique in itself, but more of a lucid aid. When combined with other techniques it increases chances of achieving lucidity tenfold rather than if you were to practice the technique on its own. WILD even requires you to perform a WBTB to work. MILD and WBTB is a great combination; just as you are about to enter REM and dream, any thoughts or mantras will likely carry over to the dream and aid in lucidity.

Here's an example of how a proper WBTB looks like.

22.00: Sleep time, set alarm at 04.00 which is six hours into sleep. Start visualizing certain tasks or do mantras. Look forward to doing the WBTB and getting lucid because of it.

04.00: Alarm sounds. Shut it off and perform a Reality Check. Stay up for as long as you need to maintain awareness, usually 20 to 60 minutes. Try to look forward to going back to bed and getting lucid. Think "when I go back to bed, I will become lucid and fly to the moon." Combine this with a visualization of flying to the moon for greater effectiveness.

04.30: Go back to sleep; keep in mind that once you fall asleep you will get lucid. Try to have it as your last thought.

Last Notes

Do not worry if the first few WBTB attempts don't succeed. Just try different amounts of time staying up or a different time for waking up. You can perform a WBTB any night during the week. I suggest you do it on nights you know you can afford to lose some sleep.

That's all on WBTB. As usual, the more you believe it will get you lucid, the higher chance of it happening.

WBTB - Wake Back to Bed, by NightLight

(WBTB) Wake Back to Bed Method

Getting up an hour early, staying awake for 30-60 minutes reading about lucid dreaming, doing MILD briefly, then taking a morning nap is an effective way to induce lucid dreams. Here's how to do it!

1. Sleep for 5-6 hours.
2. Wake up and GET OUT OF BED.
3. Read lucid dreaming articles online or watch a dream related movie for 30-60 minutes.

4. Go back to bed using one of the following techniques (MILD, WILD, HILD).
- *Affirmations* - A way of increasing your chance of having a lucid dream on a given night. Spend about 10 minutes, or more, lying in bed before you go to sleep. Think about what you want to dream about. Imagine it in your mind, and say it aloud, such as, "I'm going to fly." Then, say to yourself, over and over, "I know I'm going to dream." Concentrating on the fact that you're about to dream can assist you in realizing you're dreaming once you're asleep. This works especially well in the morning, if you go back to sleep upon waking from a dream, as you're likely to return immediately to a dreaming state.
 - *Trance induction - Trance alters the way mental energy is utilized. When we are in a trance some cognitive functions are disabled. In trance induction a mind-set is created in which lucid dreaming will happen easily. Trance induction begins with progressive relaxation accompanied by guided visualization of calming images.
 - *Visualization* - Helps to remind the circumstance associated with a question such as "Am I dreaming?". If you have the intention to test the reality when you are using a key, imagine yourself at that time reminding your intention and effectively carrying out this verification.
 - *Grounding your awareness* - Focusing your awareness on a particular thing in the present. Meditation helps ground your awareness and center it. Exericising your awareness allows you to be "in the moment" which enhances your lucid dreaming ability.

The above information was gathered from Marc Vandekeere's - Bird's Lucid Dreaming Website, The Lucidity Institute, Oniro's Lucid Dream Website, and Trickster's A How To Primer on Lucid Dreaming. Sometimes just staying up and reading about lucid dreaming is enough to induce a lucid dream. If you fall asleep with out doing the techniques listed above you still have a high chance of having a lucid dream because you have set your intent by reading about lucid dreaming.

First method not working for you, try Gameover's WBTB Tutorial:

Quote Originally Posted by gameover

Ok...I know there's a tutorial now but I feel I need to explain the exact steps that I take because it almost never fails for me.

1:Go to sleep tired

2:Wake up 5 hours later

3:Write down your dreams that youve just had(Very helpful!!)

4:Stay awake for 60-90 minutes(90 reccomended) writing and reading in your dream journal, and doing a lot of reality checks, and staying focused on dreaming(focused but not stressing)

5:Go to sleep and() *think about your last dream, or imagine walking around a dreamscape. Nowhere special, just walking around anywhere*

6:*keep thinking |"I am dreaming|" but don't stress yourself*

Well, from my experience these steps, followed exactly, give me an almost 100% chance of having a lucid dream.

()you may try any method at this point but I have given the method that gives me the most success.

Second method not working for you, try Umbrasquall's WBTB Tutorial:

Quote Originally Posted by Umbrasquall

Sleep until a little bit before dawn.

Open your window to let fresh air into your room. (Keep it open)

Take 5 min walk outside. (If you live in a friendly neighborhood. !Important!)

Go back to sleep.

That works every time for me. I tried reading about lucid dreaming but it doesn't work as well. Maybe it's just me.

According to a study conducted by LaBerge staying up for 60 minutes is the optimal time for inducing a lucid dream. Sometimes Lucid Dreamers have trouble falling asleep after waking up for a while (30-90 Minutes). A suggestion would be to wake up for a short amount of time or to read about lucid dreaming during the day and only briefly wake up during the night and fall back asleep directly.

If you have little success staying up for 30 - 60 minutes try these time intervals.

1. 30 - 90 Minutes
2. 60 - 90 Minutes
3. 60 - XX Minutes (Staying up longer than 60 - 90 minutes reduces effectiveness)

CAT - "Cycle Adjustment Technique"

Official Dreamviews CAT Tutorial

CAT

CAT stands for Cycle Adjustment Technique. It involves adjusting your sleep cycles to help you become more aware during the last few REM cycles of sleep. CAT is one of the less popular but newer techniques due to some of the cons it comes with, for example, sleep loss. Although CAT does have cons, it is very reliable and you can get a lot of lucid dreams from the technique.

The First Week of CAT

The first week of CAT is all about adjusting your sleep cycle which means you won't get any lucids from CAT during this time. All you need to do is set an alarm clock 90 minutes before you would normally get up each day for seven days.

Now it Begins...

After a week of getting up 90 minutes earlier, you can now sleep in to your normal time, but every other day you must get up 90 minutes before you would normally wake up. It is recommended that when you wake up early you do a bunch of reality checks. On the days where you sleep in, your body will think you are going to wake up early but you really won't, because of this your body will become more aware the last 90 minutes of sleep. Now everyday that you sleep in to your normal time you will have a big chance of getting a lucid dream!

Example of a CAT Schedule After the First Week

- **Monday:** Sleep from 11 PM to 8 AM
- **Tuesday:** Sleep from 11 PM to 6:30 AM
- **Wednesday:** Sleep from 11 PM to 8 AM
- **Thursday:** Sleep from 11 PM to 6:30 AM
- **Friday:** Sleep from 11 PM to 8 AM
- **Saturday:** Sleep from 11 PM to 6:30 AM
- **Sunday:** Sleep from 11 PM to 8 AM

Hints

If you are planning to use CAT for a while, it is recommend you do what you did during week one every few months. This is just to 'refresh' the technique and keep it successful. You can sleep in on normal days every one in a while, but not often. If you start to feel very tired and can't concentrate, you should stop CAT and try another technique. Before you go to bed on a normal day, tell yourself you are going to wake up early even though you won't. This will increase your chances of a lucid.

Finger Induced Lucid Dream (FILD), by Hargarts

Finger Induced Lucid Dream (FILD)

FILD (Finger Induced Lucid Dream)

Short Version:

Simplified Directions:

The Setup:

1. Go to sleep. It's that simple.. No hypnosis or visualization required.
2. To perform this technique, you have to be extremely close to falling asleep. The best time is either in the middle of the night, or in the morning. However, using this technique in the morning can often cause shorter LDs.
3. If you want to try FILD during the night, you have to find some way to wake up. There are various methods.. Find one that works for you.
4. Once you wake up, the first thing that should be on your mind is the FILD technique. Immediately relax, and try to go back to sleep how you normally would. The goal here is to get to the point just before you fall back to sleep. Once you've reached this point, begin the FILD technique. If you fall back to sleep, don't worry... you can try again when you wake up.

The Technique:

1. Imagine for a second that you are playing a piano using your index and middle finger with one hand. Your fingers are side by side on two keys. Now, press your right finger down, leaving your left finger up. Next, press your left finger down, and lift your right finger back up. Repeat this up and down motion.
2. So you have the motion down? Try this: Imagine you are playing the piano again (using the same motion), but this time, press the keys so lightly that they don't go down. Give it a try on your computer keyboard - you should basically feel your muscles contract, but your fingers should hardly move.
3. You're almost there. All you have to do is use this finger movement when you wake up. Once you reach step 4 on the setup process, start moving your fingers. Focus on the movement. By directing your focus, you will fall asleep within seconds. Do not count your finger movements or talk to yourself in your head. Also, do not try to make yourself go to sleep.. that will only wake you up. That's it!
4. Once about 10 to 20 seconds have passed, take your other hand, and perform a nose RC. Simply pinch your nose and try to breath in. If you can, you're dreaming!
5. If you find that the RC doesn't work, don't worry.. you can try again. Just go to sleep normally, and try again when you wake up.

Original Directions from LD4ALL:

1. Go to sleep:

- You want to do this tech when you are the most tired. For some people, it's 3 hours after you have gone to sleep, for others, 5, or you can do it in the morning (harder)
- might help to tell your self to wake up after your dreams (Like in the MILD tech.).. haven't tried this yet
- Try playing very soft music in the background when you go to sleep if you want to wake up during the REM state. Make sure it's very very soft, and has no beat/voice in it.

2. This is the hardest part of the technique. You need to get into a state where you are very tired, and feel like you could easily fall asleep. To achive this, you either have to wake up from a dream during the night, set an alarm clock for the time where you will be the most tired, or use the dream period in the morning.
 - 2a. (Unreliable, but easy if you wake up) If you find that you have just woken up from a dream in the middle of the night or you set your alarm to wake you up, you should already feel very tired. Continue to step 3. (if not, just go back to sleep. You could try to relax, but I dont think it would work too well.)
 - 2b. (most reliable) If you have set an alarm clock for 3, 5 or however many hours works best for you, you should wake up in a tired state. Try relaxing, and when you feel like your very close to sleep, contine to step 3. However, if you have woken up, and dont feel tired at all, I would go back to sleep.
 - 2c. (hard and unreliable) If you have woken up in the morning, you might not feel very tired. (You might be relaxed, but you would find it hard to start sleeping agian.) To get into this "tired" state, you should go back to sleep. In about 30 mins (or more), you will wake up again. When you wake up this time (try not to move or open your eyes), try to relax as much as possible and see how tired you feel. (Be carefull you dont fall back to sleep) If you feel very tired, continue to step 3. Otherwise, go back to sleep, and try again when you wake up.
3. Relax. Once you think you are about to fall asleep again (You should already feel like this when you wake), you need to start moving part of your body, It should just be a very small movement, and it needs to be repetitive. I recommend using your fingers.

- What I do is this: Right now, imagine you are playing a piano with 2 fingers: your pointer and middle finger. Push one key down, lift it back up and at the same time, press the other finger down. Just keep going back and forth between the fingers. I have my hand under my pillow when i did this, but Im sure it would work anywhere. Just make sure the movement is very small, and takes very little energy to perform it. (I was just doing this on my right hand)
- Another Note: When you are moving you fingers, don't try to visualize anything, just think to you self that you will do this for 10-30 secs, and then check to see if it's a dream.
- Also, do not tell your self all the actions you are going to do, and do not "count" while you do this tech... Just say to your self, you will do a RC in 10-30 secs, and then just lay there, moving you fingers.
- Try to focus on the movement, and just try to relax.
- Do not focus on trying to fall asleep (it will keep you awake). Keep focus on your fingers, do not let your mind wander.

4. Once you start the motion, try to relax (as much as you can, but don't force it. Dont "try" to fall asleep) and wait about 10-30 seconds (keep your fingers moving). During this short time, tell your self that you will wait about 10-30 secs, and then you will check to see if you are in a dream. (Don't count in your head) Once the 10-20 secs have passed, do a nose RC (Where you pinch your nose closed, and try to breath in.. If you can, you are in a dream). If the RC fails, just try to go to sleep normally for a few mins (no motion or RCs), and try the tech one more time. If it fails again, go to sleep, and try again later that morning. If it works it should only take 10-30 secs. Do not lay there doing a RC every 30 secs over and over, it will just wake you up even more.

- The first time I did this, I thought that It wasn't going to work. After the 10-30 secs, I still was sure that I was still trying to fall asleep, with my fingers moving. However, when I did a RC, I realized it was a dream. I thought to my self "wow, I'm in a LD, I guess it does work"
- On 7-4-04, I found that whenever I started to dream, I had a tingly sensation all over my body.

5. If the nose RC works, try to get out of bed...

- I found that in the morning, when I tried to get out of bed in the dream, I would wake up immediately when I tried to move. If this happens to you, you should try this:

once you realize that you are dreaming from the nose RC, keep your eyes closed, and keep pinching your nose. Continue to breath through your nose. Wait about 10-30 secs, and then try to visualize your room in your head (like your looking at it thru your closed eyes). The image should slowly come to you, and once it has, get out of bed, and you shouldn't wake up from the movement.

NOTE: When this works successfully, the real world (where you were moving you fingers) will be transitioned into the dream world (You will dream that you are still moving your fingers, and trying to relax).

Some people are telling me that they are trying to move their fingers, and then do a RC every 30 secs.. That's not what you should do. If the 1st RC fails, stop the finger movement, and RCs, and try to relax for a few mins, then, try the tech once more. If it fails again, go to sleep, and try again later that morning. Hope that helps

Things to try: Instead of waiting only 10-30 secs, see what happens if you wait more like 1-5 mins. (When I discovered this tech. I kept waking up from what I thought was the real world, and realizing that it was entirely a dream.. So I tried again, and told my self to wait a few secs, and then do a RC.. and it worked). I think that it is either going to work, or it's not going to work, do not lay there for 20 mins moving your fingers. If it doesn't work, go back to sleep, or try relaxing for another few mins.

Dream Views Manual (Part 3)



Reality Checks - RCs, by gab

REALITY CHECKS

A reality check is a common tool used by dreamers practicing all techniques, but mostly DILD. They are practiced during the day, either spontaneously, or with help of some reminder.

Why do I need to do a reality check?

1. Repetitive action of checking reality will start happening in regular dreams.
2. Heightened awareness during practice helps gain awareness in regular dream.
3. Once having awareness, it confirms lucidity.

How to do a reality check?

RC starts with an awareness question, something like "Wow, am I dreaming?" (When I ask this, I personally do believe that I'm dreaming. But even if you don't, do not ever think to yourself "Of course I'm definitely awake". If you believe that you are awake, then you will have same thoughts in your dream and you will not get lucid.)

Examine the nature of your current world. Analyze if you feel strange and if the visual field looks normal. Check your cognitive function. Ask yourself "Do I remember things from earlier in this day?" "Do I actually know what day this is and if I should really be here?" "How did I get here, what was I doing 2 hrs ago?"

Examine your surroundings and try to compare what you see with how you remember it should look like. Do a Reality check and fully expect it to work. Then you say your mantra. I use "Next time I'm dreaming, I realize I'm dreaming". Since it's not really the RC that will get you lucid, but the awareness question and questioning of your reality, it's very important that you believe you are dreaming and that your RC will work.

Important: Even if you come to the conclusion that you are not dreaming, don't acknowledge it. Don't say/think "I'm not dreaming". Instead, say a mantra "Next time I'm dreaming, I realize I'm dreaming", or "Next time I RC, I realize I'm dreaming." Otherwise, you may RC in your dream and out of habit you will acknowledge that you are not dreaming.

How often should I do a reality check?

You can RC every time you remember to do so. Or if you hear/see a reminder that you set. It can be a few times an hour to few times a day. In general, the more you do it, the better—as long as you don't do them mindlessly or as a routine chore, without paying attention to the real point of doing RCs which is questioning your reality and expecting to be in a dream.

Different Reality Checks

It's always best to practice at least 2-3 RCs at the same time. Some of the best RCs based on ease of practice in a dream and success rate:

1. **Looking at hands + Counting fingers Or without counting fingers** - Very reliable
2. **Nose plug** - Very reliable
3. **Thumb/palm** - Very reliable
4. **Gravity** - Very reliable
5. **Try to change something** - Very reliable
6. **Switches** - Less reliable
7. **Reading** - Less reliable
8. **Make your own**
9. In Waking Life (IWL) Look at your hands, palms up and notice details. Count your fingers. Do they look normal (color, shape, size, can you make your finger longer?) Do you have the right amount? Don't expect to count 10 fingers. Don't expect them to be normal. This is a good RC because your hands are always there, IWL and in a dream, and you can practice this discreetly.
10. IWL - pinch your nose shut with your hand and try to breathe. Fully expect to be able to breathe. If you can breathe, you are in a dream. Also a good RC because your nose is always there, little less discreet to practice.
11. IWL - Try to gently push your thumb through a palm of your other hand. Pay attention to the sensation. Anticipate that it will go through. In the dream, do the same. If it goes through, you are dreaming. Good RC also because you don't have to go and look for them and quite discreet to practice.
12. IWL - Say, "If this was a dream, I could levitate" and expect to float up. Gently push off and expect to start rising up. Do the same in a dream. Good RC, you can do it anywhere and totally discreet.
13. IWL - look at something and try to change it. Say "if this was a dream, that [something] would be [something else]. You can think of an item being some other item, or try to change color, size, movement... It's fun and it transfers into your dream very well. Don't forget to use emotions when doing it - be sure you are in a dream, so the thing will change. If you have a dream goal, like summoning something, you can try to do that, as if you were in a dream.
14. Try to turn on a light switch. In a dream, flipping a switch may/may not work. But people do report that they can turn on lights in a dream. And if there is no light switch near in a dream, you would have to look for one and waste your time.
15. Try to read. In a dream, you can read, but when you take a second look, it will say something different, or gibberish. Also time on a clock may have letters instead of numbers. But it can also look correct. And you have to find a clock in a dream before you can do RC.
16. Make your own. You can make pretty much anything into RC. Just make sure you precede it with an awareness question and you genuinely believe you are dreaming. For example if you wear glasses, articles of clothing, how far can you throw something, try to summon something or make it walk through the door. If you have something

that you only see in your dream, like a dream watch (BrandonBoss's RC), you can keep checking if you have that. The possibilities are endless.

If you have problems finding some item in a dream that you practiced RCs on in Waking Life, switch to something that doesn't require any external object. For example, if you RC on your bracelet, and you don't see it in your dream, that may stop you from RCing and losing your chance at becoming lucid. This is another reason why practicing 2-3 RCs is recommended. You may pick them from different categories. For example, 1 RC - [item], 2nd RC - your hands, 3rd RC - gravity.

Tools to remind yourself to RC

You don't have to limit yourself when and how and why you do RC. It is best to use all possible reasons to better your chance that some of them will work.

1. Use an activity reminder - something you do often. RC every time you:

- walk through doors
- use the restroom
- notice a specific color
- get a phone call
- get a drink
- and anything else you can think of

2. Use a physical reminder - audio or visual

- set your watch to beep every hour
- set your timer
- put some sticky notes all over your place, school books, laptop, door frame, wall above you bed, first thing you see in the morning
- put a rubber band or bracelet on your wrist
- and whatever else you can

All these are just to help you get into habit of RCing. Pretty soon you will find that you will start RCing even without them. And that's the best way to do it. Spontaneously. Whenever the feeling "OMG, what if this is a dream" strikes you.

3. Dream signs - anything that occurs often in your dreams AND in your waking life. You RC on these in WL every time you see it, think about it or say it out loud. Then, when they show up in your dream, you are likely to RC there as well.

Side note: Sometimes you get a dream sign that is not so common in your waking life. For example, a school you used to go to years ago, friends that moved away, deceased family members, or even things from movies, like dragons, actors, or anything similar. Obviously, if you don't see these in waking life, you can't RC on them. But, not all is lost. You can RC on photographs, even on pictures you draw or find on the internet. Also, every time when you think of the person/item/place, you can say it out loud and imagine how it looks.

4. When you notice something strange. It can be strange for real or you just pretend it is. Let's face it, our lives are not that strange, so we have to make up some stuff.

- a classmate shows up when you know he is at home sick
- you thought you still had some beer in your fridge but it's all gone
- it's lunch time, you should be hungry, but you are not
- boy/girl that has been ignoring you is suddenly talking to you
- you see or hear anything and you think to yourself "that's strange"

5. At random

- every time you get the sinking/exciting/freaky/exhilarating feeling in your stomach, that what if this was a dream and you didn't notice

Did your RC fail?

This is one of the most common questions about RCs. Why did my RC fail?

For example, you are in a dream, you get the urge to RC, or you decide to RC because you get suspicious that you could be in a dream. You RC and it doesn't work. Your thumb won't go through your palm, you can't breathe with pinched nose...

This can happen if during your waking life practice, you don't believe that your RC will do what it's suppose to do. If you think "I know I'm awake, so I know my thumb will not go through my palm". This thought will also happen in your dream. And since our dreams are ruled by our thoughts, what you say/think/believe, will happen. And since we know that it's not really the RC that gets us lucid (although sometimes it may seem so), it is absolutely critical that we believe that we are in a dream, and that our RC will do what it's supposed to when we are practicing during day. If you are not able to believe that you are asleep, then at least be opened to idea, that you are dreaming. Have some doubts, don't be sure that you are awake. Then, this thought "I'm dreaming and my RC works" will manifest itself in our dreams and it will get us lucid.

The truth behind "I never RC in my dream and yet I get lucid. So RCs are not needed."

You may notice that sometimes you get lucid and you didn't even do an RC. It may seem like you just got lucid out of the blue and RCs are not working, because you didn't even use it and got lucid. Important part of RC is the awareness question, when you ask yourself if you are in a dream and you truly believe that you are. So this belief may happen in your non-lucid dream, and you will suddently believe that you are in a dream. You may or may not follow that up with RC. But this realization didn't come from nothing. It came from your hard work of practicing awareness and RCs.

Conclusion

After practicing Reality Checks together with awareness and mantras, pretty soon these actions, and most importantly, feelings, will start to happen in your non-lucid dreams naturally. Awareness question and associated feeling will give you some awareness and possibly even make you lucid, and RC will either help you realize that you are lucid, or it will help you confirm it. Happy dreams.

Dream Signs Tutorial

Dream Signs

Dream signs are common elements that show up often in dreams, and that indicate you are dreaming. They can be used as a reality check to help you become lucid. For example, if you often dream of dogs, then in waking life, reality check whenever dogs are present. Hopefully you train yourself to question your surroundings when you see a dream sign that one day when dogs are present, you reality check and you realize you are actually dreaming. The best way to keep track of dream signs is to log them in your

dream journal. It is a good idea to keep your list of dream signs separate from your dreams, perhaps in its own page or on the back portion of your journal. This way, you won't have trouble finding it for reference amidst your DJ entries. You may also keep a tally of how often they show up so you know which dream signs are more prominent among the others.

Can't Find Your Dream Sign?

Almost everyone has some sort of dream sign. Some people's signs are obvious, while others not so much. It can be something very obvious such as the ocean, or something very minor such as a piece of string—pay attention to details. If you can't find something in common with your dreams, have someone else take a look at your journal, as they can provide a different perspective. If you have a journal here on the site, message one of the Dream Guides and they will help you find it. First of all, if you want to identify your dream signs, it would only make sense to write down every little detail of any dreams you can recall. This is crucial because dream signs come in many shapes and forms, and if you don't write down even the slightest details, you can overlook a possible dream sign.

Here are some types of dream signs:

1. **Places** - Where do your dreams usually occur? It can be in your old school, your house, the beach, or even somewhere you don't recognize**, such as alien planets.
2. **Objects** - What things usually pop up in your dreams? It can be a broom, slipper, computer, or even a weird object you don't recognize.**
3. **People** - Who are your usual dream characters? It can be your friend, your neighbor, a celebrity, or even your awful chem teacher who spits a lot in class.**
4. **Creatures** - Do critters show up in your dreams? It can be a dog, snake, ants, or flies, etc. It can also be otherworldly creatures such as monsters, spirits, entities, etc.
5. **Events/Actions** - Do you run a lot in dreams? Fall from high places, do sports, do homework, type on a computer? Do weddings happen a lot in your dreams? Or gore and death scenes? Does your TV suddenly turn off, or the lights always flicker or do appliances refuse to work properly?
6. **Time** - Do your dreams often happen during daytime, night time, twilight, or at a certain time? Does it always seem like you're in your childhood, or in a certain era?
7. **Emotions** - Is there a certain emotion that prevails when you dream? It can be unexplained rage, passion, depression, fear, etc.
8. **Bodily Sensations** - Do you often feel your dream body warming up? Or getting goosebumps, shivers, pain, or as if something is weighing you down, etc.?
9. **Sounds** - What do you usually hear in dreams? Do you notice background music, nature sounds, static noise, people murmuring, etc.?
10. **Thoughts** - Sometimes certain thoughts repeatedly pop up in our heads while dreaming. They can be totally random such as "the toaster is nice", or something like "I need more milk", etc.
11. **Odors** - Do you detect any consistent odors in you dreams? They can be pungent, flowery, fruity, pleasant or unpleasant, even body odors (eek!).
12. **Colors and Visual Quality** - Do you notice any dominant colors in your dreams? Some may mostly see hues of red, or blue, as if the color settings of the dream have been adjusted. Haziness and blurriness may also count. (Some people even report having dreams that seem to be vibrating all throughout.) Physical alterations count too, such as always having an extra finger, or different color eyes than normal. Another one is text and numbers. Do you seem to be dyslexic in dreams or can you read well?

**When recalling dreams with places/things/people you don't recognize, it is helpful to include drawings or sketches of what they look like, for future comparisons (or for simple unleashing of artistic skills haha)

I found a dream sign, now what?

So you found a dream sign...congratulations! Now it's time to use that sign to your advantage. If your dream sign is something that you can see in real life, simply do a reality check whenever you come across it. The idea is that you establish a habit of thinking it might be a dream when you are seeing that dream sign, since it also appears often in your dreams, and this very moment might just be one of them.

But what if it's not something you see in real life? For example, a flying purple pig. There are three ways to go about this.

- First way is mantras. Tell yourself repeatedly "If I see a flying purple pig, I am dreaming." Do this over and over before bed, or also throughout the day so that the same thought will carry over into your dreams and when you do see it, you'll realize you are dreaming.
 - The second way is to either google the picture, print it out, or draw it. It also helps if you say it out loud when you spot it, or acknowledge it. This way, you can still have them around with you.
 - The third way is to incubate your dream signs, or make them appear by yourself by visualizing them. How?
1. Go through your DJ and ***pick a dream sign you want to incubate***, preferably a prominent dream sign. For this example, let's use snakes.
 2. Throughout the day, when you remember to do it, pause for a bit and ***imagine seeing the dream sign*** (snakes) pop up at random places. This part is good, since in dreams, objects often appear out of nowhere, and we don't really think about it. Training yourself to react to random appearing things would be good, and it would help build up awareness as well.
 3. Once you have imagined your dream sign popping up, ***do a reality check*** -- not just a mindless RC but an RC with conviction, so to speak -- as if it were really a dream and snakes really did pop up.

So that's basically it. Do it several times a day. The best thing about this is that if they don't appear randomly in your dream, you yourself can make them appear (even when non-lucid), since you are used to imagining them pop up on your own -- kind of like manifesting/summoning and using dream control. You can also do this with large-scale dream signs such as a beach, where you can imagine hearing/seeing ocean waves in the distance. You may also incubate emotions, or events as well, such as recounting the feeling of being chased, etc. then doing a reality check after. This may require a bit more effort than doing mantras before bed, but its effects are longer lasting and better (since visual perception is better retained), and it has other benefits too, such as enhancement of your visualization skills and your dream control.

Other Notes

Dream signs can change. You may be dreaming about flying purple pigs right now, but in a month or so, it could be different! You always have to keep your eye open and scan your dream journal for dream signs. You may even have a list of dream signs written up at the beginning of every month to keep track. You can also have more than one dream sign at once. Furthermore, dream signs are not completely necessary for attaining lucidity. There are many ways to achieve lucidity, and dream signs are merely one of them.

What are you waiting for? Open that dream journal and start looking!

Dream Recall, A Tutorial

Dream Recall

Recall is one of the most important aspects of lucid dreaming. Even if you have a great lucid dream, what's the point if you can't remember it? That's why it is recommended that dream recall be a top priority for those new to lucid dreaming.

Dream Journaling.

As with anything mental, the more you use something, the more neuro-connections your brain makes to it. So by focusing on remembering your dreams and practicing this, you will increase your dream recall. This works with regular memory too, the more you use it, the better it gets. When journaling, try to not only write down themes and plots, but smaller details too. The more details you can recall each time, the better your recall will become.

Middle of the Night

If you wake up in the middle of the night for any reason, it is recommended that you jot down a few words on paper before going back to sleep. Even though when you wake up, you may have no memory of your past dreams, seeing a few notes will bring those memories forwards and allow you to write them out in greater detail.

Dream Signs.

Many dreams have similar themes, objects, or people. We can use this to aid in recall of dreams. Go through your dream journal and find anything that repeats. Write a list of all of them out. Now there is a decent chance that dreams that you may forget will have these recurring elements in them. If you wake up and cannot remember a dream, go to your list. Ask yourself, "Did my dream involve this element?" If your dream did include that element it should trigger your memory and allow you to remember the dream. This works along the same principle of writing a few words about a dream in the middle of the night to trigger a memory.

Lying in Bed.

As soon as you wake up it is a good idea to lie in bed as still as possible with your eyes closed. Think about your last dream. If you can't remember it, just lay there. Your mind will think that you want to go back to sleep so it will turn on the parts of the brain that creates and remembers dreams. This allows you access to your last dream memory.

Memory Reinforcement.

When you wake up and remember a dream (or bring it back by laying still) you want to try and play it back through, remembering every detail. This is because your dream memory is designed to be extremely short term and you have to reinforce the memory in order to keep hold of it. By running through your dream once, you should have greater memory when you roll over and write it down because it is now stored in your regular short term memory, not your dream memory. Remember, moving the body (such as to write something down) tends to chase away dream recall.

Diet and Supplements.

Vivid dreams are dreams that are easier to recall. There are many chemicals that cause you to have more vivid dreams. B6 is the most commonly taken one, but others do too. Longer REM cycles also help create more vivid dreams so any chemical that acts as a REM suppressant (such as a sleeping pill) can produce vivid and easier to remember dreams. It is suggested that you use sleeping pills that are melatonin based because they are more natural.

Stress.

Stress kills dream recall. If you have had a stressful day and want to remember your dream the next morning then it is recommended to find a way to relieve that stress. This could be anything from working out, to playing video games, to meditating. Whatever you find relieves stress the best.

Dream Stabilization and Clarity Tutorial

Dream Stabilization & Clarity

Introduction.

Anyone familiar with lucid dreaming knows that wonderful moment when you realize you are dreaming and immediately take off like a bat out of hell, running or flying around, trying to get as much fun and craziness as you can squeeze into those few precious seconds before the inevitable awakening. When you find yourself in a lucid dream it is natural to be overcome with feelings of elation and excitement, yet if you do not follow a few simple steps, that lucid dream will disappear as quickly as it came. I have seen so many new dreamers fall victim to premature awakenings because they quite simply do not know about dream stabilization. This is why I am writing this tutorial. In the hopes that you can learn dream stabilization effectively from someone who uses it to great effect on a consistent basis.

So, what is Dream Stabilization anyway? Well, as the name implies, it is attempting to stabilize the lucid dream. You utilize Dream Stabilization techniques immediately after finding yourself in a lucid dream.

Ok so you find yourself in a lucid dream...what should you do?

Focus / Center Yourself.

Focus involves relaxing and bringing your attention to the task of Dream Stabilization. A lot of inexperienced lucid dreamers want to rush into the dream and start doing things very quickly fearing that the dream will end. You get really excited, your mind is racing, and your thoughts start tripping over one another...you wake up. Stop. Relax. Focus. Know that you do not need to rush because you have plenty of time. If you think that you need to rush because you could wake up at any second, you will...instead you want to firmly believe that you have plenty of time because you are in control of the dream. Everyone knows that a house built on solid ground will be much more sturdy than a house built on sand. It is extremely important to take your time and make sure you are doing these dream stabilization techniques properly in order to ensure your lucid dream has a sturdy foundation. If you don't, then it can easily be swept away. When you have a grounded, confident, focused frame of mind, it allows you to have a more stable base to start your lucid dream. This will also result in more dream control and more clarity.

Ok, so you took a few seconds to relax and focus. What next?

Initial Stabilization.

Dream Anchoring

In order to anchor yourself inside your lucid dream, you will use two techniques; Hand Examination and Verbal Commands. But first, let's consider this important word...Anchor. It's not just a word, it's more of a symbol or metaphor. This metaphor can be utilized to establish a very strong connection with your dream and prevent premature awakening. You really need to feel the word and appreciate the heaviness of it. You are acknowledging that this dream exists because of you, that you are in full control, and that because you are anchored, the dream cannot end until you are ready to leave it. When you are able to firmly believe this within your lucids, you will find that they last much longer and are more vivid.

So, how do you anchor yourself to the lucid dream?

Hand Examination

Look down at your hands. Hold them close to your face. Take your time when looking at your hands. You should not be thinking about what is happening in the dream world...only your hands. Do not rush. Know that the more attention you give to your hands, the more clear your dream is going to be when you stop. If you become excited to begin your lucid dream and rush this step...know that you are doing a disservice to yourself. Look at the wrinkles in your hands. Look at the little hairs. Turn them over, examine the other side.

Verbal Commands

While performing the Hand Examination Technique you should also be using Verbal Commands at the same time. While examining your hands, say outloud, firmly and confidently, "STABILIZE LUCIDITY NOW". If you are having trouble focusing on the details of your hands or if they look blurry, say firmly "INCREASE CLARITY" or just "FOCUS NOW". Once you have stabilized, imagine an anchor connecting you with the dream, say to yourself, "anchored in lucidity". Don't just say it, feel it. Once you have examined your hands in full detail for a few moments and used the above verbal commands, put them down and look up. The dream should be crystal clear. Congratulations, you have succeeded at stabilizing and anchoring yourself to the lucid dream!

At this point, you are free to proceed.

Re-Stabilizing.

If at any point during your dream things begin to blur even slightly...stop. Whatever you are doing. Just stop. Examine your hands again. Repeat the verbal command "stabilize lucidity". If you do not feel it stabilizing, try repeating it again "stabilize lucidity NOW" (the NOW is added for emphasis, use this if it doesn't work the first time). Once you have stabilized, look up...if things are clear, proceed. If not, do it again.

This method should be used when you have any level of visibility inside a dream. I use this technique often throughout a lucid dream to prevent waking and achieve crystal clear focus. You will find that there are some dreams you need to stabilize every minute or so, and others where you need to do it less frequently. I might use it several times over the course of a 45 minute dream. The key is just to remember to use it when you find the dream beginning to fade, or if things begin to lose focus. Remember, don't panic. Focus. Hands. Words.

Hand Examination with Verbal Commands is the only technique that has worked for me just about every time without fail for many years, therefore I highly recommend it as your go-to method for stabilizing your dream.

Preventing Premature Awakening.

Hand Rubbing

This isn't just about rubbing your hands together though...this is about stimulating your senses and involves any sort of physical touch sensation. Rubbing your hands together during a lucid dream can help to stabilize the dream, but if you do it too often, you may find that it's effectiveness quickly wears off. This can be typical of any technique however, so it is good to mix up your techniques or you may become immune to some of them.

If your dream is quickly fading out, try grabbing hold of anything. Any sort of physical sensation, especially when you can feel it AND see it with your eyes is helpful. So grab your shirt, look down at it and see it. Grab something in the environment around you...a doorknob...a tree...anything. Once you grab something, take a moment to examine it like you examined your hands. Use verbal commands like "stabilize lucid now". You can use the hand examination technique with anything else in your environment, so long as it is clear and you can really examine it up close in detail. Hands are usually easiest because they're always right there. Also hands help because you are looking at your dream body, thus reinforcing and strengthening your presence inside the lucid dream.

Dream Spinning

Dream Spinning should be used as a last ditch effort. If you have no visibility and therefore cannot examine your hands, if you find yourself in the "void" which is just infinite darkness, or if your dream is fading beyond control and even staring at your hands and verbal commands are not working. Do not spin wildly about. This is likely to wake you up. It might transport you into a new dreamscape, but the majority of the time it will result in premature awakening or false awakening. Instead of spinning wildly about in circles, try a short, controlled spin...like a figure skater.

Falling Backwards

Another technique similar to Dream Spinning is Falling Backwards. Simply letting go, and allowing yourself to fall. However don't just let your mind go completely blank or you are likely to wind up back in your own bed. You should be thinking of a new dreamscape that your fall will transport you into. Dream Spinning and Falling Backwards are notorious for landing you in a False Awakening. So always...always...perform a Reality Check after using these techniques. Even if you remain in a dreamscape, it's just good practice. You may think that you have woken up, but really, you have not. So do an RC after every Dream Spin/Fall Backwards.

Linear Acceleration

This is another technique that is useful for getting you out of the "void"; which is the vast emptiness that you might find yourself floating around in after a lucid dream ends but you have not yet woken up. Simply begin accelerating yourself forward through the blackness. Your goal is to accelerate at such speeds that you will tear through the blackness and find yourself in a new dreamscape. This has worked for me quite a few times but I've never heard of anyone else doing something similar, so I'm not as quick to recommend it. When using any of the above three techniques, make sure you are thinking that you will land in a new dreamscape. If you just let your mind go completely blank, you are more likely to wake up. Have a new destination in mind.

Reality Check & Re-Stabilizing

If you perform any of the above three techniques and find yourself in a new dreamscape...or in your bed...the first thing is to do a Reality Check. You may have landed in a False Awakening, which you can turn into a wonderful lucid if you do the Reality Check and it fails. If you find yourself in a new dreamscape, you should treat this like entering a completely new dream and your first priority should be anchoring by performing the hand examination technique with verbal commands.

What if you do wake up?

It's not such a bad thing...in fact, a skilled lucid dreamer knows that you can take advantage of this and use it to attempt to enter another lucid dream with a technique called DEILD. Basically this allows you to chain lucid dreams together for as long as you can handle it. I say "handle it" because I have often been able to chain lucids while I nap over and over for up to two hours, at which point I become completely exhausted and am not able to continue any longer. The only potential problem with this however is that you risk possibly forgetting your earlier lucid dreams. If you practice mindfulness within your lucids though and make an effort to remember things which are meaningful as they are occurring then this won't be such a problem. When you do finally wake up though, make sure you write everything down in your Dream Journal.

Useful Practice for Dream Stabilization

Here are a few visualizations/meditations you can do during the day or before bed to aid you in becoming more familiar with the best state of mind to become lucid and utilize these methods for dream stabilization.

Mindfulness Practice

It is important to train yourself to be prepared for the lucid state of mind. Essentially, being lucid in a dream is the epitome of living in the moment aka Mindfulness.

"When we're at work, we fantasize about being on vacation; on vacation, we worry about the work piling up on our desks. We dwell on intrusive memories of the past or fret about what may or may not happen in the future. We need to live more in the moment. Living in the moment—also called mindfulness—is a state of active, open, intentional attention on the present. When you become mindful, you realize that you are not your thoughts; you become an observer of your thoughts from moment to moment without judging them. Mindfulness involves being with your thoughts as they are, neither grasping at them nor pushing them away. Instead of letting your life go by without living it, you awaken to experience."

If you make an effort to practice Mindfulness in your waking life, you will be more prepared to handle your lucid dreams and also more likely to get lucid in general. Overcoming the tendency for distraction and awakening to the present takes intentionality and practice.

Concentration Practice

Basically the Hand Examination Technique is a form of concentration practice, whose goal is to focus the attention on a target (such as the hands) that keeps us anchored in the present moment. The target can be a physical object, or more commonly, the breath. We give the mind something consistent to focus on and this becomes the object of the meditation. Whatever is used as the object for the attention, the aim is to keep the mind focused as often as you remember to do so. As the mind starts to wander, we gently direct the mind back toward the object of attention.

Dream Anchoring

Visualization. Anchor yourself inside the dream. Actually feel the word..."anchor". Sense it. You are a part of the dream, get ahold of it. Don't let the dream runaway without you. You are anchored to it. The dream cannot disappear until you will it. Don't just think this...feel it...know it in your heart. You are in control.

Techniques Used in this Tutorial

Hand Examination

- Used: when you first become lucid and need to anchor/stabilize; anytime you need to re-stabilize during the lucid; should be used as often as needed; best when combined with verbal commands
- Technique: Look down at your hands. See them clearly. Hold them close to your face. Take your time. Think only of your hands, not your dream. Look at the wrinkles. Look at the tiny hairs. Turn them over if you like and examine the other side. Use verbal commands.

Verbal Commands

- Used: at any point during your lucid dream; highly effective when used along side another technique such as Hand Examination
- Technique: when doing the Hand Examination Technique, say with force and confidence, "STABILIZE LUCIDITY"
note: I prefer to use the two word verbal commands first...if for some reason it does not work as effectively as I would like, then I repeat the command and firmly add the "NOW" to the end of it. This usually does the trick.

Hand Rubbing

- Used: at any point inside the lucid dream; to increase vividness; attempt to stabilize
- Technique: continuously rub the palms of your hands together very quickly; may not be as effective if used too much

Dream Spinning

- Used: to keep from waking, when you are stuck in the void or do not have vision and are unable to use other methods to stabilize
- Technique: a quick 360 degree controlled spin, or attempt to pull your mass inwards and spin like an ice skater for a few full revolutions; if you choose to spin wildly about in circles instead, this may be effective at transporting you to a new dreamscape but has also been known to cause thee dreamer to awaken
notorious for creating False Awakenings, always complete a Reality Check after using this technique

Falling Backwards

- Used: to keep from waking up, when you can't do much else
- Technique: simply let yourself fall backwards while thinking that you will land in a new dreamscape
notorious for creating False Awakenings, always complete a Reality Check after using this technique

Linear Acceleration

- Used: to get out of the void (complete darkness) often after a lucid dream fades out to blackness
- Technique: will your body to accelerate forward, usually accomplished by just thinking it with a little imagination, continue accelerating linearly until you reach enormous speeds (you will feel very strong g-forces), imagine yourself moving so quickly you are able to rip through the fabric of time and space that is this dark void; all the while knowing that when you stop you will be in a new dreamscape

Reality Checking

- Used: to be performed after using a technique such as Dream Spinning or Falling Backwards that might wake you up or land you in a False Awakening
- Technique: use your RC method of choice, I prefer finger through palm, or holding my nose and trying to breath through it.

Dream Control

Dream Control, by Zoth

One of the best things about Lucid Dreaming is that it doesn't end once you get lucid. That is only the start of the adventure. Dream control refers to the act of manipulating the dream in its most varied aspects. From creating objects, to experiencing flight, summoning creatures or even teleporting to the top of the Empire State building, the options are limitless. Dream control can dictate your lucid dreaming experiences, thus being a tool that every lucid dreamer uses and hones. What's worth mentioning is that dream control while lucid is quite different from how we perceive it in non-lucid dreams. If you don't know you are dreaming and are completely submersed in the plot thinking it is reality, it's not surprising to see you doing things like winning battles against 10 guys, or flying, or exhibiting super powers. On the other hand, knowing that you are inside a dream gives you an automatic degree of control. Control is the product of lucidity. Let's view this principle in an example:

"I'm walking down a street, and I pass through several shops and people while talking to a friend of mine dressed in a bear suit. Suddenly, I become suspicious about his weird figure, and this results in me achieving lucidity. I look around trying to figure out where I am. Since I'm lucid, I can do whatever I want, so I decide to ignore my friend and just enter in a shop that sells ice cream. The man offers me a chocolate one, but I'm curious to see what will happen if I ask him for an exotic flavor, so I tell him I want lizard flavor."

As seen above, the sole act of being lucid provides the dreamer a minimal degree of control. He is no longer constrained by the plot and dream content, and he expresses this by ignoring his friend. The dreamer also realizes that since he's in a lucid dream, he can do whatever he wants, so he can choose to deviate from the previous situation of walking around through the city, and instead enter in a shop, changing both the scenario and the context.

How does Dream Control work?

Most dreamers gather some insight regarding Dream Control even before achieving lucidity. The famous example is when you spot a person in the distance while you're walking through the city at night. Your first thought may be "it's a thief!",though many people tend to expect meeting someone familiar. Then, that person turns out to be exactly who you were expecting it to be. Why is this?

The answer is simple: expectation. When you expect something to happen in a dream,there's a big chance that it will happen. This is particularly evident when beginners become lucid for the first few times, and can't do certain things like flying, or making something appear. Expecting something to happen will conduct your emotions towards the event, which makes the dream content much more likely to transform into what you're expecting to see. Fear to get caught stealing from a shop, and maybe you'll find the seller running after you. Hope to spot a friend, and someone around you will show up and reveal himself as such.

Expectations can be the product of several things:

- **Emotions** - A good example of how emotions can dictate your expectations is fear: it's a very common emotion experienced when you're not quite used to lucidity. If you fear that you will fall if you start flying, it's probable that it will happen. On the other hand, being calm tends to result in better dream control, since your emotional state is less likely to interfere with your intention.
- **Memory** - Even in a lucid dream, memory might not be perfect. Some people actually cannot recall recent events prior to going to bed, which makes them wonder if they are really asleep. This is a natural barrier to Dream Control, since if you can't successfully understand that you are indeed dreaming, you are less likely to try out radical things like jumping off of buildings in order to fly, invocation, etc. Exercises that help you recall your lucid goals are good for Dream Control, because as you remember to perform them, you will be more focused on the task at hand.
- **Mental Schemas** - We all work under patterns. We are used to see the police with guns, but not priests. We know that our friends are friendly, but a criminal that escaped from jail should be dealt with caution. The point is, as we live, we get used to certain patterns and perspectives that allow us to interact with the world without much problem, thanks to our Mental Schemas. In one hand, they can limit your Dream Control if you cannot get rid of the thought that a celebrity has no interest in talking to you, but they can also help you realize that if you're near your school, it should be easy to find some friend of yours. Thinking about how the world usually works can be a powerful tool when it comes to influencing your expectations.

Performing Dream Control

It is often said that every dreamer has his/her own way of manipulating their dreams. This is quite true – your own personal identity influences the way you choose to achieve a certain goal, whether it's reaching the top of a mountain, or finding a necklace made of gold. Throughout the years, members of the ever-growing lucid dreaming community have the shared and developed popular ways of manipulating dream content. Let's review some of them:

Making use of Justification

Basically, the way justification works is that there's always a reason. If there isn't, then make up an excuse. If you're trying to invoke an object like the keys for the Ferrari standing right in front of you, convince yourself instead that the owner probably didn't lock the car. If he did, he must have dropped the keys nearby so look around! If you still can't find them, then check your pockets: maybe the car was lent to you and they're right there. This also works for finding someone. If you're in the city trying to find a celebrity you love, then enter somewhere and expect it to be there...after all, that celebrity is just visiting town today, big coincidence huh? What about that dragon you want to fight so badly? Well, maybe you are in some kind of video game reality so it makes total sense for one to show up.

The power of technology

Modern society has become so used to technology that we are no longer surprised when new innovations are produced. From telephones to televisions, fridges, cars, guns...inventions keep coming. Things once thought were impossible now show up at any moment. This is a great tool for Dream Control, especially since technology doesn't need to exist in waking life to exist in dreams. You know those machines present in the matrix movie? Or the sci-fi gadgets? This means you can fly with your own iron man suit, or use a teleportation machine to travel to another time or universe, something which many lucid dreamers already do. Another option is to make use of dream characters. You could get some scientist to give you a potion that gives you superhuman strength, or calling the Hulk to help you reach your destination with style and speed. Learning tricks and powers from dream characters is another popular practice, because it adds realism and increases your expectations of achieving those skills.

Magic and other languages of command

Words are power, especially in a lucid dream. Sometimes yelling "increase vividness" to the dream can provide amazing results. This communication with a non-specific entity works because you're associating a certain characteristic or rule with the dream reality. Justification also helps here: imagine you are in a sandbox game whose commands are given by shouting specific sentences, like "Dream, create object RED CAR" or "Dream, change scenario to "Alien planet". Magic is quite a famous language of command, perhaps because we are so used to hear about exotic words providing exotic results. Inspiration in here can come from the simplest places, like books (Harry Potter, Eragon to mention two examples), movies, or once again, can be created by you. For example, if you learn to associate the word Omega to the creation of a blue shield that makes you immune to any form of aggression, chances are that you will create a powerful expectation that it will work in a dream. The more powerful and unique the association is, the better chances of it working all the time.

Travelling through the Wormhole

In a lucid dream, anywhere is just one step away...

Even when lucid, many dreamers tend to use material means to reach a destination, even when there is no material concept to make use of! There isn't a concept of space (or time for that matter) in a dream, since it's all a mental projection with no boundaries, rules, elements or any type of characteristic set in stone. Places you visit may show

up again later in a completely different context, with different details, or in a different timeline. Although moving to another place might require some steps, remember that you're always in the same place all the time. In order to build expectations though, some of these mechanisms tend to facilitate the process of travelling around the world:

- Doors - behind a door is anything you can imagine. The fact that we expect to reach another place when opening a door makes this a very useful tool to arrive at a new destination. Sometimes it may not be exactly where you want, but you can always close it and re-open it until the desired scenario shows up.
- Elevators - elevators have the advantage of having buttons, and hopefully, loads of them. This is not only useful to quickly reach many destinations, but also for revisiting a certain place. If you decide to connect the "Dragon Planet" to the "floor" 6, then chances are that you will create a strong association that will serve you well in the future when you want to go there again.
- Mirrors - mirrors can work like doors in terms of transportation, but they possess a more special utility: transformation! That's right, you can use a mirror to act like you're redesigning yourself. You can change clothes, gender, grow limbs, or even do a full transformation.
- Turning around and spinning - turning around while expecting something to show up behind you (like the dream character you want to meet, or a big object), is a great way to make use of the ephemeral nature of the dream world. Spinning on the other hand, is not only useful for making the dream more stable, but also for teleportation: simply spin around and by the time you stop, chances are, a new dreamscape will appear in front of your eyes.

It all comes down to Expectation

Regardless of any of these techniques (or any other you might encounter or develop), Dream Control always comes down to the importance of expectations. That's why some people can simply make big objects show up in a blink of an eye, while others manage to perform great feats like visiting outer space right in their first lucid dream. There are no specifics when it comes to a certain action: what might work for one dreamer might not work for another. A person whose flight experience may be from watching Superman might result in a completely different Dream Control from a person who is a professional pilot instead. Working with your experiences is a great way of succeeding at control.

Failing at Dream Control

Every once in a while, Dream Control may fail or produce results that don't quite match your interest. This is not necessarily the result of a lack of skill. It is important to understand that even while lucid, the subconscious mind that is creating the dream can influence the outcome as well. Dream Control can certainly be improved with a continuous practice. This means that a dreamer who is accustomed to flying will start to do so without without much effort, even if once in a while he may find him/herself striking through the air at a different speed than intended. Still, why does Dream Control fail sometimes?

One reason might be because you are not lucid enough. Picture this situation: if you know you are dreaming but still move out of the road to not get hit by a car, perhaps it's not odd at all that you fail when you try to go through a wall or a solid object. In another example, if the dream is dark and you react by trying to go outside searching for sun light, then it's no surprise that have trouble changing the weather or even conjuring a fire ball. That's why increasing lucidity is such an important step when it comes to interacting with the dream world: you must work to continuously shatter the notion that the dreaming reality obeys the same set of rules as the waking one. This is not an easy task, which is why Dream Control is not static, but instead tends to improve over time. However, you must also have experiences that allow you to make this realization.

Do not over think it

If you happen to fail at something such as lifting an object with telekinesis, the best approach is not worrying about it. Associating negative responses with a dream action only leads to stress whenever you try it again. So the door doesn't open? Use the window. The dream character doesn't show up? Grab a telephone and call her asking where she is. There's always a way around it. Some dreamers even prefer to leave it alone and try again in another lucid, which is a wise way of not wasting your entire dream on a single purpose. Another thing you want to be careful with is excuses—internal excuses like "maybe I just can't do this" or "I'm still a beginner"—making you feel bad that the problem lies in you. So whenever you fail at something, try to think along the lines of "It's okay, I'm just not focused enough this time" or "I'll just try again, otherwise I'll do something else". Basically, convince yourself that the failure has nothing to do with your skill, but some other factor that can be easily solved. Dream Control is an affirmation in all the uncertainty of an ever-changing reality. Don't wait for it to come to you, go ahead and grab it.

Dream Control: the complete tutorial, by BillyBob

Dream Control

The Complete Tutorial

Ever wanted to control your lucid dreams effortlessly and without having to worry about "accidentally" failing when you come apon a giant tirantula or something of the likes? Well have no fear! Read on and you'll learn the two basic methods of controlling your lucid dreams. You'll also learn the ups and the downs of each way and get in-depth explanations and examples of each. Because being a god is alot easier when you know how

Ok. First you have to understand what I mean when I say "theres two ways of controlling your dreams". It's pretty simple actually, first of all theres Forced Control, and secondly Passive Control.

So there it is, the two methods of controlling your dreams. You should know that these can be used together, just will the jetpack that you need for flying into existence and fly away, I warn you though, that jetpack willage will still adversely effect your dream. I advise against it

Summary:

- Only Force control when you have to, I only told you about it because sometimes its better to lose your dream than to remain in it.
- Use passive control techniques freely, they only add to your dream experience.

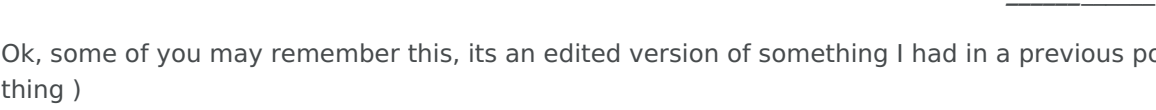
Forced Control:

Aggressive impartation of will

Upside: Complete and total control
Downside: Loss of vividness/"concreteness" of dream.

Forced control is exactly what it sounds like, it can be best described as just exerting the whole of your will apon your dream. When you use this method of control your actually taking yourself a bit out of the dream and manipulating it then re-entering (I tell you this because you should know that this does actually make your dream very unstable).

Most people find it hard to simply say: "_____ will happen" and actually have something happen. This is because they're doing it wrong. They don't yet understand the nature of the dream that they're in. Here's what you have to know about your dreams before you can use this method:



Ok, some of you may remember this, its an edited version of something I had in a previous post (note: edited extensively, the picture is pretty much the only "unchanged thing ")

To help you understand the principles behind this, I'll start with this picture of a bathroom, I want you to imagine yourself standing inside of it: Now that you've imagined yourself standing in this bathroom, begin to think about where you are. If you just came out of a hotel into this bathroom then your in a hotel right? Wrong... you see, in a dream you never really move, unless your expecting something to happen, it doesn't. If you were to walk out the door of that bathroom who says your going to end up in the hotel room you just walked out of?

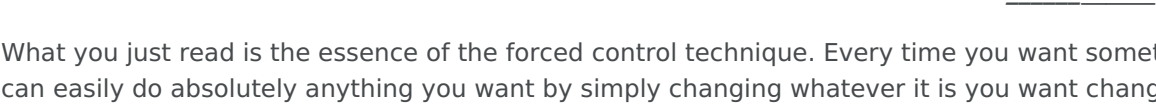
Your subconscious does. It says: "I just walked into this room from the hotel so I go to the hotel again" therefore you would walk right into the hotel due to the expectation brought on from real life.

If this really was real life then there's no chance you could walk out of the bathroom and end up on a beach in Hawaii, but this is a dream, and dreams don't happen in places, so there would be no difference in you walking out into the hotel then there would be in you walking out into the water on a beach. yes, this is impossible in real life but you aren't in real life, your in a dream, the dream has no restraints, you don't have to spin to teleport, you don't have to move to fly, you don't have to exert any power whatsoever into any of the actions you do, because you aren't doing it, you just "are"

Now back to the bathroom, why should that water faucet be there at all? why should the ground be there, why should there be walls there? the simple answer is that none of that really exists, its an illusion brought on by your brain to keep your mind busy while it makes repairs on your body, a dream is the farthest thing from a constant environment, its just memories of different experiences put together to create a pseudo reality for your mind to play in, normally in a dream most things are constants, but once the conscious mind wakes up you can begin to realize that nothing is what it seems. If you were to grab that flower on the sink and smell it, what would it smell like? your first thought is it would smell like a flower, when in reality it wouldn't smell because there is no flower, thus you could make it smell like anything you wanted to just by barely thinking say, "wet dog" and activating your minds experiences of what wet dog smells like rather than what flower smells like, you would be smelling a wet dog. Now put that flower down and touch the sink, think its going to be smooth? again the sink doesn't exist, until you touch it it has no previous experiences activated saying what its going to feel like, its just an optical illusion, so if you were to touch it expecting it to feel like bread, it would be bread, it may still look like a rock but it will conform and feel exactly like bread

with this in mind you can begin to see that a dream is non existent, all that exists within it is your consciousness, without you the dream is nothing, it isn't some other plane of existence you visit, its not anything, the dream is you and your experiences, it exists only for you and by you, nothing can visit and take it over without taking "you" over (evil spirits some see)

If you see a giant 500 ft beast ravaging a town just remember that that beast is only what you make it, if you wanted it that beast could be a small poodle, or a loaf of bread maybe, perhaps even a sheet of Saran wrap, its what you want, and that alone



What you just read is the essence of the forced control technique. Every time you want something to happen just remember what your dream really is, and you'll find that you can easily do absolutely anything you want by simply changing whatever it is you want changed.

In-Depth Look At This Method:

Forcing control is something that should only be done when 100% necessary. Awhile back this was all I did to control my dreams, I felt that it was the only thing I'd ever need. Soon I began to notice my dreams were less vivid, They started getting shorter, and shorter, and then even shorter. It got to the point that the second I got into the dream it would end without notice.

The reason that happened was because I had taken myself out of my dreams. I began to see them as fragile pieces of putty that I could re-arrange at will any time I felt the need. Though this is true, you should never get to that point, what happens is that you say: "darn, I hope I don't wake up" and guess what? nothing you do after that second will stop you from waking. ("darn, I hope I don't wake up every time I enter an LD!")

Use this sparingly (only use it to get out of horrific situations), it really takes away the "realness" that you experience in your dreams. Sometimes you just have to set back and enjoy the illusion (and all that comes with it).



Passive Control:

Working with the environment

Upside: Dreams much more stable; Much more realistic
Downside: Control less "direct" than Forced controlling; some things impossible to control

If you just read the forced section then you'll be happy to know that this is much shorter and easier to comprehend .

Passive control is much more natural than its forced cousin. It involves guile and cunning to get around the obstacles that you may encounter in your lucid wonderings.

The principal is simple: find a way to work with the laws your dream already has to get what you want. Don't ever warp reality (unless you use some magical device that you happen to find). What I mean by "warp reality" is don't ever do something and tell yourself "I can do it because this is just a dream"

View your dream as a whole other plain of consciousness. Not as a "I'm leaving my body and astral traveling" plain, but as what it is. The level of dreams. The place you go to every night when you close your eyes. It does exist (even if only because you on some level make it exist) and even though your subconscious is the thing thats making everything around you, who cares? Its still here, and you don't have to keep thinking about it for it to remain. It's a world as real as the world your in now (when its here). Just look at it like that.

Ok heres some examples of "naturally"/"passively" controlling your dream:

- **I'm standing in my house but yet I REALLY want to be having sex with my crush right now. What do I do?**
Ok, this is pretty simple. close your front door for a second. Now think up a reason why your crush would come to your house (lets say, she/he was wondering if you had some sugar).
Now act like that scenario (him/her is coming to get some sugar) is happening right this second. Open the door. Guess what? he/she's standing there with a cup in his/her hand!
- **I'm in the middle of a field and really want to fly over it. How can I do this and still be within the bounds of reality?**
Think about this for a second. Whats the most believable thing that you would attribute to being able to fly? radiation? Realize that that field of roses is actually an old A-bomb testing ground. Maybe you would be more likely believe that aliens left a pill that makes the user experience antigravity? theres one on the ground beside you (oh

look! even a glass of water).

Don't make things appear, think up reasons why they should be there (aliens thought roses were cool awhile back, dropped pill. etc etc)

Ok a couple more examples for good measure:

Q: How do I turn into a wolf?

A: Your a werewolf.

Q: How do I make a building disappear?

A: look away, look back. WHOA! God just decided that he didn't like that buildings roof.

The trick is to make it something that you believe will work. Always keep in mind that dreams aren't perfectly like real life, you can get away with alot more than you could probably imagine (without forcing anything at all)

In-Depth Look At This Method:

Though while reading this you may ask: "Why don't I just force everything? seems alot easier", I can tell you from first hand experience two things:

When you passively control your surroundings the results are alot more believable (when you force stuff the results seem very fake) and when you passively affect your dreams they have alot more meaning. You get to fully experience them in the way they were meant to be (and you can really feel the difference on every level)

Passiveness doesn't affect your dreams stability, it doesn't make them shorter, they aren't less vivid, and they're just all around 100x more fun. None of that can be said for Forcing control.

Flying

Flying Tutorial

Flying is undoubtedly one of the most amazing ways to travel. It's one of the fundamental powers needed to navigate the dream world efficiently along with summoning, telekinesis and teleportation.

The reason this can be hard for people to do, is because our surroundings in dreams are probably one of the most constant, stable, steady, encompassing elements; so it's hard to directly change that. But with practice, it definitely can be done; and certain methods can make it much easier to accomplish. You might wanna try altering your surroundings slightly before trying to remove yourself from them entirely. Teleportation is one of the fundamental powers needed to navigate the dream world efficiently along with telekinesis, summoning and flying.

Methods

Using doors: This is probably one of the most common (and easiest) means of teleporting (or summoning). The general premise, is that you open a door, and behind it, is the place that you want to go. You need to intend that your desired location lies just behind it. You need to know that it will be there. So if you were in a dream, and you didn't like where you were (say you were in a house, or a hotel) simply walk up to a door, think of where you want to go, open the door, and hopefully it will be a new dreamscape.

Closing your eyes/shifting focus from current environment: Usually it is not recommended to close your eyes in dreams, but this can be a good way to teleport. If you do shut your eyes, only do it for seconds, so you don't wake up (some people don't have to worry about that though). You can also just shift your focus to something instead of shutting your eyes. Just something so you don't see everything around you in its entirety. Look at the ground, or in the sky if you have to. And intend that your surroundings will change to whatever you want, once you open your eyes or look back. You can also try to fly up into the air, see only the sky. Imagine the world changing right underneath you to the place you want to be. These techniques are most helpful when you are in a dreamscape with no rooms or doors, because you don't need anything external (being able to summon things is helpful for situations like this) .Remember key point in teleporting (specifically like this) is not focusing or getting immersed in the current environment.

Vortexes/Wormholes/Portals: This is another good way to teleport, and is one of my personal favorites. Either you can summon a portal/create one, or open a door and intend for a portal to be there (because sometimes imagining the location to be right there once you open the door can be difficult). Like the other methods, intend on your location. Go in the portal/wormhole, this is usually a very fun thing and causes a rush, though it might take you to a different place; but honestly it will most likely be awesome either way. You can also imagine a mirror instead of a portal, think of a window, just walk through it to the new location.

Flying Tutorial (Alt)

Flying

Flying is undoubtedly one of the most amazing ways to travel. It's one of the fundamental powers needed to navigate the dream world efficiently along with summoning, telekinesis and teleportation.

How to do it

Flying is something great to try out when new to lucid dreaming. Most people agree that there is no greater feeling than soaring through the sky. The feel of the wind blowing through your hair and watching the landscape below can be breathtaking. Doing something that is impossible in real life can be tricky in dreams, but stay confident and don't ever worry about falling down or not being able to lift off.

Lift off

Jump! A very common dream sign is that the gravity in dreams is slightly off. This can be experienced by doing small jumps. You feel like you're on the moon already, so with a little bit of extra push you should be able to start flying. Who hasn't given a thought of what would happen if you jumped too high on the moon? Imagine a force pushing yourself off the ground. A very useful trick is bringing forth a feeling from real life. While doing small jumps have the mindset that anytime now you will be shot right up into the sky, like Superman. Have you ever been on an amusement park ride where you're being propelled higher and higher? Combine the memory, the force of the push and jumping and you'll be airborne in no time. Some people might find it easier to take off while running or jumping from heights to gain momentum. Find a high place and just throw yourself out into the sky or run really fast, just like an airplane takes off. You can use your arms to imitate wings. Use passive control. This includes jet engines, rocket boots, airplanes, helicopters, wings, magic brooms etc. This is a great way to start out since you know that flying is possible in real life when using any of them.

Airborne

Once in the air the most important thing is to stay confident and know you will stay in the air for as long as you want. Focus on where you're going or the landscape. A dream can destabilize quickly if you're not focused enough. As the dream scenery changes you want to keep your eyes on the destination you're heading towards or rub your hands to stabilize the dream. Flying too high can result in the dream collapsing. Maneuvering can be tricky if you're going fast. This is when using "pull" or "push" forces come in handy. You simply pull or push yourself in a direction using your hands and arms, invisible brakes or sheer willpower. This is also great for stopping or going really fast.

Last Notes

If you've ever flown before you know how amazing it can be. The freedom you will feel is unexplainable, so go and start practicing on your flying skills! Why not fly out into space and watch the planets up close?

Dream Flying Tutorial, by Amethyst Star

Dream Flying Tutorial

Thank you to all the people who have contributed their ideas to this.

Anyone Can Fly

If you're new to LDing, don't think that this is something only uber-special people can do. Anyone can fly. Just have confidence in yourself and if you have any questions feel free to ask. In the words of wasup, flying isn't hard in a dream, but some people have trouble comprehending the idea and being able to do it because they have never done it or anything like it before. Another good thing to remember is that these techniques are designed to help you get the feeling of flying so that way you will eventually get to the point where you won't have to use a set technique. It's just like anything with LDing. Once you've got the feel of it and the will to do it, it becomes no more difficult than walking down the street in real life.

Note: Don't get discouraged if you're having trouble flying. You may have more control in some LDs than others. Just keep working at it and you will get it!

Creativity

If one technique doesn't work for you, just work your way down the line and see if something else does. Another aspect of dream control in general is just being creative. Even if a method you come up with seems silly, try it!

1. Start with floating

To float, it often helps to start with your eyes closed. Then either jump into the air or imagine yourself just going up. Open your eyes and if you're off of the ground, try to concentrate on staying there and getting yourself stable and centered. If you have trouble getting in the air, imagine yourself climbing an invisible staircase and go up them.

2. Moving

Once you get yourself stabilized, go slowly in simple directions: up, down, forward, and backwards. If you can do those, then you can start combining up or down with forward and then add in turns. If that doesn't work, you can try to use a landmark near yourself and visualize yourself being pulled towards it.

3. Jump off of a building

If you can't seem to get off the ground, maybe a little desperation will inspire you. I've done this before and it requires that you know you're in a dream. And once you're sure you're dreaming, you have to know that you will not be harmed. Get up to a high enough place and then simply jump off. Close your eyes if you must and spread your arms. Then as you descend, imagine yourself going up. Imagine you're in a movie or something where they pull up right before hitting the ground. That may work. If you can't find a rooftop, a good cliff or pile of rocks will work just as well. Focus on pulling up.

4. Modes of assistance

- a. Spiderman - I've had several dreams where I'm Spiderman and I'm swinging among buildings. Try getting comfortable with swinging around and then try going around without the webs/ropes.
- b. Hand-holds - Imagine an object of some sort that you are touching (ie. a ball in your hands, a belt around your waist, a platform beneath your feet, etc.). The, try to move that object around with yourself attached to it. When you grow comfortable with that, then try using a smaller object, and then a smaller, until you no longer use one and are able to move yourself around. This would also work with a broomstick.
- c. Dream Guide or DC - Try summoning your dream guide or another DC (dream character) and have them fly you around or tell you how.
- d. Wings - Either put on or grow a pair of wings. Now have fun!

Zooming Method:

Focus on an object that's some distance away, like a tree or a house. Then, imagine it pulling you towards it, like a magnet. You should end up going pretty fast. You can then work your way up to things like the moon.

Have a DC Throw you in the air:

Self-explanatory, really. Ask them politely, I guess.

Spring:

Crouch a little bit, and tense every muscle in your body. Then, jump up as high as possible, like a spring.

Suck Method:

Hold a Vacuum Cleaner Nozzle Turned On and Point it away from you while in the air.

Jump off of a building:

Fairly straight-forward. Find a building and jump off of it. If you can't find a rooftop, a good cliff or pile of rocks will work just as well. Focus on pulling up.

Magic:

In one of my dreams I found myself in a pool. It turned out to be magical and when I stepped out I could fly. So, try taking a swim in a magic pool and then start to soar Or a magic feather could work just as well.

The Douglas Adams Approach:

Aim to throw yourself on the ground and miss.

Before you hit the ground, get distracted so that you miss. You should find yourself hovering above the ground and so just take off from there. If you've seen the Animatrix, think of it like the scene in Beyond.

Breeze Method:

Just conjure up a nice breeze for yourself and go along for the ride.

Staircase Method:

Imagine yourself ascending a flight of stairs that are just going up. These stairs don't have to be visible and it might be better if they're not. This is good for getting you above the ground and eventually you should be able to go without the stairs and move yourself around.

Jet Pack

Enough said.

Reverse Gravity

You can flick a switch or yell out "GRAVITY OFF" or something similar to turn off the gravity and float in the air! If you want to come back down, just flick the switch again or press a button that turns it back on.

Superman

Just raise your arms into the air and WOOSH! If it helps (or makes it more fun), believe that you are a superhero who can fly!

LANDING

There are a few less tips on landing. For the most part, just take it slow and if you can, when you're first working on this just try floating down gently. You can also try diving into water (a pool, a lake, the ocean, etc.) or have something catch you (a trampoline, a DC).

And here are a few tips from our illustrious Seeker:

1. Do NOT try to focus your Chi into an energy ball while flying! A crash usually results.
2. Flying too high removes points of reference and usually ends up in a loss of lucidity.
3. Sometimes running with a long, loping stride can help you become airborne. Also running down steps, you can often float down a whole flight of them.
4. Using the attraction method on moving objects like airplanes can be interesting. It is kind of like being attached by a rubberband!
5. Frustration will kill your ability to fly quicker than anything. I can remember getting a few feet off the ground and then getting frustrated because I could not go higher. That grounded me quickly.
6. Spinning while flying usually does not help increase lucidity.
7. Flapping your arms doesn't help (for me anyway), but swimming does (breast stroke seems to work best)
8. It is difficult, but you can share your energy with someone(dream construct) in a dream and help them to fly.
9. When in doubt about what to do next, just kind of hover DragonBall Z style and look around.
10. Do not automatically assume that you will be able to fly through things like walls of ceilings. Sometimes you bounce and it can be quite embarrassing
11. Desire and belief are the key ingredients. You must believe that you can fly and you must desire it enough to work at it.
12. Some people pick up flying easily, for others they have to work at it.

Mancon's Guide to Lucid Flying + Techniques

Mancon's Flying Tutorial

Hi everyone . This tutorial is all about flying in your lucid dreams. I noticed a fair amount of people were having trouble with flying and how to do it. In this tutorial I will talk about all the basic and some advanced ways you can fly. Some ideas I got from others and some I have made up myself.

Step 1: Confidence! Confidence! Confidence!

Confidence is the key when it comes to any type of dream control. If you don't believe something will happen then it won't! You have to believe. Dreams have NO rules. It is your mind. You can do anything you want. If your feeling doubtful remind yourself that it is your dream and you can do it!

Step 2: The Jump

If you are going to start learning to fly from somewhere high up, like a roof, then you need to realize that gravity DOES NOT exist in a lucid dream. Rules don't apply. When you're starting out NEVER imagine yourself falling downwards. Just imagine yourself going up. Imagine the clouds are sucking you up. Forget everything you know about gravity and just go. If your trying to fly from the ground just jump up and imagine your legs are springs and shoot up high! Then imagine your self shooting forward, and then head the direction your going.

Step 3: Location. Where Do You Want to Go?

When your flying focus on where you'll be going. If your flying over a long distance then visualize the place and assume it will be there the next time you turn, or over the next mountain, or deep in the valley. If your flying short distance then look in the direction your heading for any objects. Then focus on that object and imagine yourself going towards it and it will make flight much easier.

Step 4: Choosing a Technique

This is my favorite part of flying. There are so many variations you can do! Here's a list of some of the ones I have made up or heard from others.

- The Superman / Neo: Put your arms out and imagine yourself shooting forward!
- The Iron Man: Put on jet boots that will shoot you across the sky!
- The Platform: Imagine your standing on a platform and it's pushing you through the air.
- Water: Stand in any type of water and imagine it wrapping around you. Then let the water push you up into the air, still wrapped around you. (This will work with earth or fire too)
- The Hoverboard: Stand on a hoverboard, press the on button, and go!
- Frozone: Stand on an ice platform and skate across the sky!
- Swing!: Imagine ropes coming out of your wrists like spiderman and swing across the sky
- Let the Clouds Do the Work: Imagine the clouds are sucking you up into the air and pushing you wherever you want to go.
- Wind Power: Summon the wind to lift you up and go where you desire.
- The Bird: Hold your arms out to your side and flap. Off you go!
- The Animal: Summon an animal of your choice and command it to fly with you on it's back.
- The Leg Length: Imagine your legs becoming very tall until your high in the sky. Then slowly bring your legs back to their normal height, while your still in the sky.
- The Stranger: Ask a dream character to point at you and make you fly where you wish. Why should you do the work?
- The Romantic: Go on a lucid date with someone really special to you. Tell her/him your going to take them on the flight of their life. You won't even think twice about flying with them there.
- The Catapult: Go to the top of a building and assume a HUGE catapult will be there with a person operating it. Ask them to shoot you wherever you want to go. Hop in the catapult and enjoy! (This also works as a huge slingshot)
- The Flying Car: Get in the nearest car you see and press the fly button. Lift Off!
- Swimming: Imagine the air is water and swim through it!
- Magic Object: A cap,watch,wristband, or anything else! When you put it on you'll start to fly!
- The Button: Imagine a button appearing by you that says "Fly". Press it. Your in the air!
- The Roller coaster: Sit in a roller coaster cart and imagine a track appearing before your eyes!
- Wings: Grow some wings and flap them about!

Step 5: So...How Do I Land?

Confidence plays a big role in landing...just like being able to fly. Most people don't have much of a problem with this, but some do. There are many different ways you can land, just like with flying.

- One way is to imagine the ground actually rising up to where you are flying. Wait until the land touches your feet and then walk around!
- Another way is similar to my "Let the Clouds Do the Work" technique. Instead of imagining the clouds sucking you up, imagine the ground sucking you down!
- If you are flying like Iron Man, look at this bad animation of him landing.
- Pretend you are light like a feather and float down to the ground.
- If all else fails, imagine the ground is a trampoline and just free fall to the ground.

Again, CONFIDENCE is a huge thing when it comes to flying and landing. Keep at it and you will get it! Good luck!

Summoning Tutorial

Summoning

Making anything consciously appear in a dream is called summoning. Mastering this power isn't as tricky as you might think, and once you've done so, you can get your hands on anything you want. It's one of the fundamental powers needed to navigate the dream world efficiently along with telekinesis, flying and teleportation.

When summoning any object you want to use as much passive control as possible. Getting something enormous to appear in front of your eyes is almost impossible without major active control; however making it appear behind a building is much easier. This is also discussed in the Dream Control Tutorial.

Summoning Small Things

The easiest way to summon small things is by looking for them in your pocket. Search your pocket while expecting to suddenly feel the edge of the object and it will appear. Don't give up, you will find it. Placing things in your pocket in a dream and recovering them later is a great way of gathering up a bunch of cool items. Magicians snap their fingers and something appears in their hand. This is a familiar visual, so it works well in dreams. This is easier to attempt with small objects (keys, for example) than it is for objects larger than your hand. Using a wand a magician can summon any number of objects. This is called a summoning action. If you look at the spot you want something to appear, something must happen for it to appear there. Waving your hands or speaking magic words also works well to summon items. This is an example of Active Dream Control.

Summoning Large Things

When summoning larger things passive control is very important. What you want to do is expect things to be around the corner, or behind you. Closing your eyes and opening them again works well, too. Make up fake stories or pretend to hear/smell/feel anything that has to do with the object. In this manner you can trick yourself into believing it's actually going to be there.

Example: If you want to summon a red sports-car hold a firm image of it in your mind. Tell yourself that when you walk around a corner it will be there. "Hmmm, a red sports-car should be around this corner. I even think I can hear the engine roar."

Remember, the more likely it is for a thing to be in a certain place in reality, the more likely it is that it will appear there in your dream. That sports-car will most likely not be found under water.

Summoning People

Call out a person’s name as loud as you can and expect them to reply: "Yeah?" That person might not be near you the first time you shout, but he/she will definitely hear you calling. The second time you'll get a louder reply and all you have to do is locate where it's coming from. Opening doors and expecting people to be in the next room works just as well. The same thing applies with large objects; you'll find them behind you, around corners or behind doors. If you want to summon a pet you just have to whistle for it or call to it.

Last Notes

Confidence is the key to summoning objects. If you're having trouble with Dream Control try some passive summoning. With passive summoning you can bring forth objects to help with other powers; for example, a jet-pack for flying, a magic wand or a potion for transformation.

Telekinesis Tutorial

Telekinesis

Telekinesis is when you move an object without touching it. Whether you're using your mind, invisible hands or shouting commands it is called telekinesis. It's one of the fundamental powers needed to navigate the dream world efficiently along with summoning, flying and teleportation.

How to do it

As with all forms of Dream Control, telekinesis requires you to believe in yourself and your powers. Not to worry though, there are several tricks you can use to lift cars or gently lift up bad people and put them in another location where they can't hurt you. When choosing a method to achieve telekinesis consider any movie or series this power is used in. By watching a movie in which someone uses telekinesis you get "visual proof" that that particular way of doing it actually works. Harry Potter, X-Men, Star Wars, The Matrix and Heroes are all good examples of this power being used in different ways. Of course you don't have to watch these movies to be able to perform telekinesis, but using passive control sure can help. Doing it like you see in the movies gives you that extra boost of confidence you might need to succeed. If you've done it once, you will be able to do it forever.

These are different ways to approach this power:

- Reaching out with your hand, using "the Force."
- Using a wand.
- Imagining invisible hands.
- Verbal commands.
- Imagining the object being magnetic and your hands as well.
- Asking a Dream Character to do it for you.
- Pretend to be a fictional character with the power.
- Imagining rubber ropes attached to an object and your hands.

Possibilities of telekinesis

If you're thinking: "So, I can use this to lift things? Sounds like a waste of time!" you're wrong. Telekinesis can be used for so many things and with a little bit of imagination you will begin to see it. Here's a list of how useful telekinesis can be:

- Lifting objects and make them come to or go away from you.
- Levitating prior to flying.
- Creating protective barriers.
- Element manipulation; with telekinesis you can bend the air around the element and therefore manipulate it.

Telekinesis is so much fun! It's a power that will never get boring.

Last Notes

When you're starting out, remember to start small. Trying to lift an entire building the first try can be a struggle (not saying you can't) and our brains are used to the concept of first taking baby steps. Why not pick up a rock that is nearby? Or perhaps make some plants move. Once you've accomplished that, move on to bigger things. There's no limit to this power, and with practice you'll eventually be able to move planets.

That's all on telekinesis. I hope you succeed in your attempts and will have as much fun with it as I still do.

Dream Views Manual - Extra



A sound advice

What are the best books on Lucid dreaming? Lucid dreaming is something I know a little bit about, but I would like to know how to instead of waiting for it to randomly happen.

Don’t spend time on books. Read basic techniques and start practicing.

Lucid dream require some long practice effort, not learning

Shared Dreaming Resources by Gaea

Alright, I have to admit I am very intrigued by "shared dreams". Not only does the topic interest me, but I want to find more information on this topic. So here is a list of shared dream threads which I deem important.

Why?

I've tried it out recently, and some of the experiments I've done... worked. Some, not so much. In a few months, days, weeks, or hours; I will be making a thread about all the information I can collect about shared dreams and shared lucid dreams. Taking a look at the information I have gathered, and the information written by others years ago on DreamViews.

The Man, The Myth, The Legend

You've probably heard of him if you're interested in this thread. Baron Samedi a.k.a. WakingNomad. Probably the one who started it all. His thread on Dream Theory is somewhat related, so it is included. Most of these thread are from him so he should deserve some credit.

The Resources

These resources are listed from my order of importance for reading. Good luck at finding what you need!

Important

These are the important threads you wouldn't want to miss out on!

Shared Lucid Dreaming Tutorial

Description: (Posted by WakingNomad on Sept 25, 2009) This is tutorial by WakingNomad on shared dreams, you need to read this.

Shared Lucid Dreaming Tutorial

I don't have a lot of experience with this, but I think I have enough to write a tutorial. I honestly wish there were hundreds or thousands of shared lucid dreamers on this site to learn from, but since Raven Knight and I apparently are trailblazers, I am writing this because I want all to experience the fun she and I have had doing shared dreaming, because we all know, fun rules. But, an even greater goal is to have a shared lucid dream with you. Imagine going to a dream concert with a bunch of lucid dreamers, and the musicians are all playing dream instruments that don't exist in waking life, and you can see the music.

- Imagine, going on a quest to fight a badass monster together with five other dreamers.
- Imagine being in a war of dreamers, and we all have superpowers.
- Imagine co-writing a book in dreams with another dreamer by dreaming you are the two main characters. Raven and I fought each other, and it was one of the most amazing experiences of my life.
- Imagine healing someone's physical body in a lucid dream.
- Imagine having a real person help you get over a phobia in a dream.
- Imagine hugging someone you love in a dream, and they are the real person.
- Imagine teaching a friend powers. Raven has taught me how to summon weapons, and multiply myself. Next I am going to ask her to teach me how to create portals.
- Imagine getting taught a secret way of battling in dreams by your dream guide.
- Imagine waking up every day in an amazing mood because you had awesome dream adventures all night.
- Imagine becoming a superhero or god, or whatever alter ego you choose to battle in.
- Imagine a Mech battle, where you opponents were other dreamers. Oo! That's a new one.
- Imagine taking your girlfriend or boyfriend, on a dream date, and they are actually in the dream with you. You could do whatever you want for them.

One Dreamwalkers and Nightstalkers: I don't know if these "factions" are real. I do believe you can heal in dreams, because I have received it. I do believe other dreamers can make you afraid, cause you pain, bewilder and confuse you, because this has happened to me also. I knew it was not DC's because I would've not thought of the insane shit they did to me when I fought them. I have not experienced physical pain ever. Dream Battling is another tutorial I will write after this.

On making another person lucid: I don't know if this is possible, but it suppose it is. I think it may be a lot harder to locate another person if they are not lucid. When both people are lucid it's like meeting halfway. I would still like to try this though.

Everything I write is based on personal experience, but the funny thing is, it's also Raven Knight's experience, so we must be doing something right.

1. Learn to WILD. WILD's are often easier to remember in my experience, and it's easier to decide your location. If you are having trouble with this tech, keep a dj, increase your dream recall, do reality checks every time you walk through a doorway, and tell say out loud, "I am dreaming" in your waking life all day.
2. Read the DJ of the person you want to have a shared lucid dream with. If you think their DJ is kickass, then, you will probably vibe with them. I think Raven Knight's Assassin's Creed entries are fucking badass, though I am usually not in then.
3. PM them, and ask them to do shared lucid dreaming.

- If they say yes, pick a meeting place. Raven and I meet on the moon. We tried to meet at Stonehenge, but I got intercepted by Selene.
- Be open to the possibility of other entities on the dream plane, that are not figments of your imagination.
- You will encounter dream guides, spirit guides, lovers and friends from past lives, and maybe other entities. I did not want to believe in Selene. It didn't matter. She showed up in my dreams three times, and then I finally had to admit she was real, because she persisted when I ignored her. Now she is in all my shared lucid dreams.
- Be open to wisdom shared with you by your dream guide. If you are not open to the possibility that a dream guide exists, (whether your Infinite Self, or a separate entity) you will not take it seriously, and you will miss on wisdom or even knowledge of a secret magic. My dream guide did teach me a secret magic, which I did not post, because he told me not to. I say this not to brag, but I want everyone's dream guide to teach them a secret magic.
- Learn from the other dreamer. So far Raven has taught me how to teleport and multiply myself also summoning weapons. Next, I learned from her how to make a portal. She is mentoring me because she is much more of an advanced dreamer. I am kind of sorry for her that there isn't anyone that is more of an advanced lucid dreamer than her to learn from. I suppose I could teach her to shapeshift, but I don't think she's really interested.
- Be open to magic. You will progressively learn a specific type of magic based on your personal archetypes. It will all basically be based on whatever you think is badass. If you think Mechs are badass, you will change into or drive Mechs. I think the Greek and Hawaiian myths are badass, so that's why I have powers (and adventures) of Greek myths, such as shapeshifting, summoning beasts, and earth bending.
- I don't know if the enemies we fight are real or DC's but learning fighting techniques is just badass so why not. Learn how to fight. You have to learn how to talk in dreams, breathe underwater, run super fast, and leap in the air and fly. These are basics. During your waking life, visualize yourself fighting in dreams. Imagine how you want to fight. Imagine the badassery you want to perform that night.
- You must maintain high lucidity by doing the exact thing that you fear. If you are afraid to do something, say, "this is a dream," and do it. This will constantly remind you that you are in a dream because you are doing the impossible thing. I used to run like a lil beeyotch from monsters, but, we recently killed the Vampire King.
- Be open to the possibility of you or your partner forgetting the dream. Do not be discouraged if one of you had a DJ entry, that the other one has no recollection of. Example, Raven has no recollection, of the Vampire King entry, and vise versa for her Star Wars entry, but we have had shared lucid dreams before and after, so it probably happened.
- Continue to sharpen your LD skills in general.
- Learn to have conversations in dreams. This will keep you lucid because you need to think about what you are saying. The more advanced dreamers can have complex conversations with DC's thus real people. This will also greatly increase communication.
- Have a general openminded attitude. If you have a lot of doubt, it will make it harder for you to have a shared lucid dream, just like doubt weakens ability to lucid dream, and weakens your powers in a lucid dream. You have to believe you can do something, so you can visualize it. When you can visualize something, it's like writing a program for your brain to access in dreams.
- Recognizing your friend: you do not need a picture. You will pick up on their energy signature. That is why you need to read their DJ, and get to know them, or something of their personality. I don't even know what Raven Knight's face looks like in waking life.

Questions you may have:

- Is shared lucid dreaming real?:** In my experience yes.
- Really?: See question 1.

My goal right now is to have at least three lucid dreamers in a shared dream, then go from there.

The reason I am posting this tutorial, is because I don't want this to be a secret. I just want to share knowledge, because I think it should be free. I want everyone that is interested to be able to do it, because I passionately believe shared lucid dreaming is key to our evolution as a species. Some people will call us crazy, but I don't give a rat's ass, because I have the time of my life almost every night when I go to sleep. **I want to have a shared lucid dream with the entire world, because I think then we could begin to have peace.** Imagine the entire world trying to solve a problem together in one great shared lucid dream. Yes, that is my eventual goal, and I want to have a kickass time along the way doing it. Please leave debates and arguments out of this. I don't really want to waste time scrolling through posts of arguments. Please only ask questions, or leave comments about your shared dreaming experiences whether lucid or not.

A little history

Raven and I have been on the forums just a few weeks. I PM'ed her after she made a post saying that she had done shared lucid dreaming, and did people think she was crazy. I told her I did not for I did it once myself, though the other person was not aware of me. We decided to try shared lucid dreaming, and it worked the first time. I was amazed, and it made me wake up. I decided to not be amazed, and the dreams have gotten longer and longer. I do not know what she looks like in waking life, so that's not necessary. I sent her a video of me playing the didgeridoo, but we had shared lucid's before that. We have not known each other before this, but we were siblings in a past life. Most of our communication is in dreams. We actually talk more in our dreams than in PM's sometimes. We have only talked on the phone once. The people you have shared lucids with will probably be people you knew in past lives. You might as well be open to the possibility, because you are going to be reminded of those past lives anyway. I hope to get as many LD'ers as I can to learn shared lucid dreaming as fast as they can, so I can LD with you, so I guess I kind of write this for selfish reasons.

...

Man of Shred (Jesus of DV):

I will re post something a while ago. I am now back nito LDin g and dreamsharing. my table is full. but in my story are some good techniques as well.

[A few people have PM'd me asking about my dreamwalking experiences. well I have compiled a story of my experiences. it thouroughly explains Why I stopped doing it. I would appreciate no one else PM'ing asking about it. At the time I was reading Carlos Castaneda - The Art of Dreaming. I was following the guidelines he layed out in the book which he called "The Gates of Dreaming". After Finding my hands in my dreams a few times but not having any solid lucid dreams. I sought out some forums. 1. I found based on toltec nagualism, Where a self proclaimed Nagual was hosting a shared dreaming thread. 2. Was a website called Dreamviews. Which deals with mainly lucid dreams, and excludes much of psychic dreaming and shared dreaming. On the nagual Forum. It was set up so that users invited to the forum were to post on a thread declaring their Intent to dream with the rest of the group.

The statement was simply **"I give you permission to dream with me"** Everyone else would acknowledge with a "Welcome you have my permission to dream with me". Now, I'm not sure wether it was the Naguals psychic energy (which he had in surplus) or the collective intent of the group that allowed the dreamsharing possible. I Have tried with others since, but with minimal dream synchronicity. Anyway, on one particular month The entire group decided to meet on a beach in their dreams. That month nearly Everyone had a dream of meeting the Nagual on the beach. Everyone saw him as a blond man with a medium build, he was older looking but young at the same time. Also during this time, i had set up a dreamsharing experiment of my own with a girl from the Dreamviews forum. WE both made the declaration of intent as well. In a bit I'll share the beach dream I had. But first I'll explain what was happening at dreamviews (DV for short) at the time. I befriended this girl DV and started an experiment with her. In the first week I dreamt I was lost in calgary, for some reason my attention was drawn to a yellow truck. it was flopping all over the parking lot. It almost seemed to be alive. A few nights later the girl (Which I'll call 'x'" i was trying to dreamshare with had a Lucid dream that was cut short because she was distraced by Yellow Trucks. A minor Synch. BUT in the next week the synchronicites were increased.

I would have a dream about a Dog or a wolf, then she would dream about a dog and a wolf. And on the night that I had my beach dream, she had a beach dream with the same blonde man. Here is the beach dream i had. Take note of all the dreamsigns.

Quote: *I became lucid. the dream suddenly felt real. i opened the door to the outside and realised that i actually feel with my hands the texture of the door. I excitedly ran up to a huge window and just spent minutes just feeling the window and admiring how REAL it felt. i could even differentiate between hot and cold and where peoples breath had warmed spots on the windows.*

I suddenly woke up on a beach. i looked around stunned, this wasn't my apartment. but it looked like somewhere in southern ontario (i've never been south of mississauga so how would i know what southern ontario is like?) the sand was about 5 feet away from a 4 ft high sandcliff. past the cliff was grass. i looked to my right and in the distance i saw some people coming. i climbed up the cliff and it seemed the cliff wasn't solid. but i managed to make it up. i found a path that looked like it hadn't been used for weeks so i tried to walk along it. further in the grass i saw a brown dog or wolf prowling. he was running in circles chasing something. he looked freaky so i jumped back down the cliff so he wouldn't spot me. The people i saw earlier were a few minutes walking distance away. Perhaps i could ask them how to get home from here. but i tried my luck and climbed back up the cliff almost falling down again. i didn't hear the wolf. so i started walking. I spotted him AGAIN. and he seemed really angry i knew if he spotted me he would take his anger out on me. i went back down the cliff again. The people were there. there was a man that appeared to be in his early 30's but his maneurisms were that of someone much older. He had a light medium build, with short blonde hair. with him was a stunning blonde woman that seemed to be his wife. they sat down a few yards away. i think they had children playing in the distance but i payed no attention ""scuse me" i said. "This may sound strange but i was dreaming and then i woke up here! WHERE the hell am i exactly?".

the blonde woman ignored me but the man gave me a scrutinising look and said. " HUH? son! how could you NOT know where you are". he then smiled and laughed. "dreaming and then woke up here?!?!?" he laughed again.

"Uh yeah, i was having the most amazing dream and then i woke up here. And i don't know where here is..." - end Quote

On the same night X had a dream on a beach with the same blonde man, with a different woman who asked her to look after their kid. So in essence, We were both in the same dream. She was just down the beach in my dream she appeared as a child looking after the other kid. After the nagual left them alone he then walked towards me where we had my embarrassing convo. some specifics were different - In her dream the woman was brown haired adn the nagual had a slight beard. In my dream she was blond and the nagual was clean shaven. Both of us had concluded it was the same man and the decription of the beach was the same. And for some reason the nagual had decided to keep us separate.

This is where it went downhill: Due to the experience I gradually became obsseive about X. And, since she was only a 3 hour drive away, We both thought it possible to meet someday. So, I decided to consult an elder woman on the nagual forum and told her all about what was happening so far. She told me, that me and that girl were akin to family in a past life. That's why it made it so easy for us to get dream synchronicities. So, that added to my obsessiveness. For two weeks my dreams went downhill. Our dreams would still synch. But I also got very vivid dreams of meeting x. And whenever I met x in the dreams, she seemed to be evil and had little respect or friendliness towards me. In one dream she would insist i buy her treats and stuff and then run off in a limo. (Limos were also a common dreamsign in X's dreams. she was usually picked up by her dream lover, which i suspect was some astral entity with the mindset of "3rd density girls are easy"). But also sometimes the dreams were wonderfull. We would both send messages on dream TV.'s (another shared dreamsign) she would write love letters to me. I should also mention I saw ehr face in a T.V. screen before i actually saw her picture. My heart skipped a few beats when i saw her picture and saw it was the same picture from my dream.

On Retrospect. Our higher selves were trying to connect on the astral plane via dreaming. I think that the times i really did view her dreambody (or astral body) it was always with a barrier we both had to overcome. ie The nagual keeping us separate on a beach, and being behind T.V. screens. And the times where I thought I saw her, was either my unconcious manifesting my fears, or Some other Entity feeding off my energy since I exerted so much when she was on my mind (hey, Free lunch). Unfortunately I interpreted the Negative Dreams as her real Higher self . To make matters worse I would dream Of standing over her bed - Then she would wake up in the night feeling a presence in her room. As the weeks went on I became more obsseive about her - Wishing I could overcome the barriers and find out what was the truth. I would like to say right now that I have never stalked anyone or would ever dream to. But slowly the obsession began giving me thoughts and urges that were terrible towards her. I knew if I kept up this and, If i were to give in those urges, I would become the very thing I would most fear. I came to the conclusion that I could not allow for that to happen so I decided to quit the experiment and stay away from her. Around the same time I had lent her the Carlos Castaneda book of dreaming (This will be an importance piece later on). Anyway, To end the experiment i would need to reverse my intent to dream with X. I ended up doing a mock sorcery spell. In one of the CC books a Nagual tells carlos to write his notes with his fingertips instead of his pen - As it would be the perfect 'not doing' for him ("not Doing" Is a Shamanic way of briefly getting into a higher conciousness state by deliberately doing things backwards. ie putting on your left shoe first instead of your right shoe first.) So i wrote on a piece of paper with only my fingertip something to the effect of "X no longer has my permission to dream with me" I then took it out to my balcony and burned it, waving all the smoke up into the air. I then emailed X my formal goodbye, not really explaining why, but making it clear it would be a good idea for her to stay away. She still emailed me back thogh saying, she had a dream of watching a TV screen with a beach. There were words scrolling across the screen saying "Stay out Staw away."

I then consulted the elder lady from the nagual forum again, Telling her what had just happened. She told me to at least try to explain to X what happened adn to apologise. So i tried to. But X stopped responding to me (just as I'd wished earlier.) I guess by then she was percieving me as being what I had feared before of becoming. Over a 6 month period It didn't get any easier. Almost everynight before bed, just when i was on the verge of sleep, X's Avatar would flash into my mind jolting me awake. And when i dreamt She was always there taunting me (The dream entities i suspect). In the dreams she did her best to create drama, laugh at me, and do disturbing things. This went on for a long time. I was almost suicidal and considered counselling. This made my recovery very difficult. I figured I Would need some of her energy to complete the barrier I had tried to set up. So eventually, I convinced her to send the book i had lent her back to me. I figured since she was reading that book around the same time I cut her off, she would have left some energy in the book directed towards me. (not conciously of course, since the book would remind her of me and what i did she would have had some upset towards it). And I was right:

When i got the book in the mail, If i held it, My hands would violently shake.When I put it up on the bookshelf in my room, i could feel it staring at me at night with the worst intent. It scared the hell outta me. So after a week of this. I Saged the book and burned it. Then i went to sleep with the intent of finding her dreambody to tell her to reverse her own intent (Her higherself would have to obey my commands Since, in dreaming anything you clearly yell out in your dreams will manifest to some extent). That night I dreamt I was in front of a TV. screen with the words scrolling across "Get out, stay out." I have never dreamt of x since. And my obsessiveness vanished. Afterwards, X left the DV forum about a year later. We stayed out of eachothers' way, in that time. I guess in the midst of all my craziness to rid myself of the dark obsession I either Angered her or scared the hell out of her (without meaning to of course), Because one of her friends at the forum began IM'ing me Death threats and calling me Scum of the Earth on the forum. The moderators dealt quickly with this. I found out she had been telling people that I was continuously harrassing her (Which doesn't make sense because I ended the interaction and respected her wishes after I apologised and got my book back). I have since lost interest in logging my dreams and trying to become lucid. I have tried to dreamshare with others on occassion with little success. Every once in a blue moon I'll become lucid and my Higher self will yell X's name, when that happens my concious self kicks in and wakes me up (I have to keep my end of the bargain.) Now why am I telling you all this?To get it out. I have never told this story to anyone in it's entirety.

What I have learned:

- I have a dark side that Is a part of me yes, But I must always keep it in check. To quote a Vulcan master "You must control your negative emotions or they will control you".
- Drama is best kept on the TV screen instead of in your own life.
- When something remarkable happens to you, Treat it with love and respect. **Don't give in to fear.**]

Reply:

Man of Shred, that takes guts to share something like that. It brings a tear to my eye. Often when we enter realms without guidance, we don't know what's going on, and we get lost. When I first started doing astral projection/remote viewing, in my early 20's, I discovered a lot of things that made me paranoid. The fact that I had no one to discuss it with made me feel insane. I had no friends with similar experiences to what I saw and felt on the astral plane, this was around 1992, so there was nothing like the internet forums we have today. I tried to remote view David Morehouse. He always would either not hear or see me, or hear me, cock his ear, then stare up at me and squint, saying, "What? What? I can't hear you? What?" I may have confused him because I was asking if he could see me. I thought I was going insane. **Little did I know I was discovering truth.** I quit all of that, and went back to church, where I felt safe.

Fast forward to my late 20's. I met a girl, R., who I had a huge crush on, maybe an obsession. She was the typical hot blond chick, which is strange, because I am not usually attracted to girls that skinny. She had long beautiful straight blond hair down almost to her waist, large really dark brown eyes, a sexy mischevious smile, and a runner's legs. She was also a cockteasing beeyotch. There was an instant connection. We used to talk to each other telepathically all the time. She showed me that she had telepathy. At this point in life, I was beginning to reject the notions of my old tyme religion. I thought we were destined to be together because of our connection. I assumed we had to be soulmates. I asked her if I could come to her in dreams. I thought I might be able to do it with this girl, because of our strong connection. She said, "hell, yes! Go for it," and smiled. That night I did astral projection and this is what I saw:

R. as a scared little girl holding a stuffed animal, hugging herself like she was cold, softly crying, looking alone. She was standing on a large checkerboard. There were shapes like the Seattle Space Needle all about. I tried to get her attention, but she couldn't see me. I don't think she was lucid at all. The next day I saw her and told her the dream. I had no clue as to the success of it. I was experimenting. Her eyes got huge. She slowly shook her head. I thought she was being melodramatic.

"Get out of my head," she whispered.
"Uh...what?" I replied.
"GET OUT OF MY HEAD!" she screamed.

I then realized she was serious.

"I'm, sorry, but I don't know what you're talking about." She was acting like I just assaulted her.
"I'm sorry, Nomad, but, ok, listen. Last night I dreamed I was back in Amsterdam, there is a huge chess board there with life sized pieces in a park. Also, the hotel where we stayed at had a huge sign with that exact shape. I know you didn't mean to freak me out, but you are freaking me the fuck out. I am sorry, but you just need to stay the fuck out of my head."

She paced back and forth, and waved her hands around her head like she was shooing off stinging insects in a panic. She left the part out about how she was a scared little girl. I never tried that again with her. I did try to have sex with her, because she was constantly teasing me, extremely overtly. I became obsessed. Everything finally came to a head one night when we finally made physical contact. But, she still remained the cocktease she always was. I totally cut her off. I had never done that with a beautiful woman, but with her I felt I had to. Years later, I have tried to contact her again, but with no success. I learned a painful lesson: just because you have a strong psychic connection with someone, it doesn't mean you are soulmates, or destined to be together. It just means you have a strong connection. (There may be unresolved past life issues, but I didn't believe in past lives at the time.)

It was this experience that made me believe **I could dream share**. There were a couple dreams where I thought I kissed or made love to Raven Knight. I found out it was Selene, a lover from a past life masquerading as Raven to be with me. Selene also appeared to me in a dream where I visited the temple of Artemis of the Ephesians, appearing as a priestess of the temple so she could be with me. After I made peace with Selene, I realized it was her in those three dreams. Raven was understanding, and I wasn't embarrassed, because, hey, funny stuff happens in dreams. Raven and I have kind of a brother-sister relationship. We were siblings in a past life or lives. Yeah, it was kind of a Luke Skywalker-Princess Leia moment. Now, Selene doesn't force herself into my dreams, or come disguised. I am no longer confused or bewildered by her. It's disappointing that in Western society we are not taught about any of this as children, though it comes naturally to kids. We are taught this is real, this is not, and then we ignore many of our experiences, or dismiss them as imagination. I am sorry that you had such a painful experience. It reminds me of when I first began to awaken practicing RV/AP. What you wrote resonates with me, and I believe it is true. The good news is that Raven and I are at the level of understanding where we won't get freaked out or too amazed by anything. I don't remember where that saying is from, but I know it's not from me.

"Do not be amazed," is mantra I repeat to myself in my head. Allowing ourself to become too amazed ends a lucid dream. Becoming too amazed with a connection leads to obsession. King Solomon said, "Ignorance is bliss, but with much knowledge comes great sorrow." I would like add to that. With understanding of much knowledge comes great joy, and great responsibility. I must share my knowledge despite ridicule, for I want as many people that are interested in shared dreaming to be able to do it. I hope we can one day dream share, Man of Shred. You are someone that can obviously do it. For some reason, it seems like it is a law of the universe, that we have to suffer to learn truth. I don't know why that is. I think maybe the suffering humbles us enough to open our eyes. With humility comes compassion, and with compassion comes a gentle spirit that is understanding of hostile energy that is directed toward one when being open and honest such as we have just been with everyone who is reading this.

Shared Dreaming - How to find other people when lucid!

Description: (Posted by Man of Shred on Mar 01, 2010) The main way to find real people when you are lucid involves changing dreams at will, different people have different methods for this...

Shared Dreaming - How to find other people when lucid!

The Essence technique

The main way to find real people when you are lucid involves changing dreams at will. Different people have different methods for this. Naiya uses a TARDIS, Raven Knight opens portals with music, and I voice my intent to change dreams. I once found a white Owl while Lucid. I had a feeling it had to do with someone i knew. I voiced my intent to follow it and It led me to one of the most vivid lucid dreams I have ever had. **If both people are intending to dream together they might wind up in the same dream spontaneously!**

Once you are lucid: Use your feeling of the person. Everyone in dreaming has a unique energy signature you can recognise them by. It is a subtle feeling of simply knowing THAT person IS that PERSON, no matter how they may appear to you. Once you have this feeling of the person. Focus that feeling to change dreams and the dream you wind up in will be that persons.

ex from me and Raven knight.

My dream: Dream 4: I was playing a Sonic the Hedgehog video game. And i discovered a glitch. I thought it was cool so i ran out of the house and found Mark75 to tell him about it. for some reason I got mark to follow me to show him the glitch. But when we arrived Raven Knight had taken his place. She followed me into my house and we were talking a little bit. Her face was hidden behind some sort of white hood. she stopped me and said that i should look at her. She pulled the hood away and revealed her face. I was staring at a child like face that seemed young. but all her hair was white or grey. It was kind of strange. She asked what i had thought... I just said it was nice to finally get to see her.

Her dream: I focused on using Through the Never to open a portal to find R. A portal opened. Nomad and I went through the portal. On the other side we were in a neighborhood. We were just outside a house. There was a man there. He went over to Nomad. He told Nomad that there was something he needed to show him. I wondered if that was R and he was already lucid. Nomad and I both followed R into the house. He went over to his computer, which was doing something strange. R turned towards me now and looked a bit surprised.
"Raven?" he asked, "I thought you were Mark."
"Who?" I asked. Had he thought Nomad was someone named Mark? Apparently he recognized me, though.
"Can I see your face?" R asked. I realized I was dressed as an Assassin from Assassin's Creed. I pulled my hood away from my face so he could see it more clearly. He stared at me for a bit. I asked him what he saw. I wondered if he saw me the way I picture myself or if he had a different image. He stared a bit more and then disappeared. I pulled a Homer "D'Oh!" at the fact he had disappeared. I turned towards Nomad. He was also gone. I pulled a double Homer. ("D'Oh, D'Oh!") Now I felt like I was about to wake up. I barely got off my triple Homer ("D'Oh, D'Oh, D'Oh!") before I woke up.

You can also use a variation on the meeting place. Once you are lucid. Change dreams and go to the meeting place.

Another VERY Important thing: Guides! Extra dimensional Entities, spirits of the deceased, Totem animals, and Higher (lighter) Density beings... Some are good, some are Evil. So pick your guides wisely. Some have been with your entire life and are simply waiting for you to acknowledge that they are there. Some you can find using the Above Essence technique. getting a few of them is handy, each one has something unique to offer. They serve as a voice in dreams and also a voice in your thoughts in waking life. Sometimes All i need to do before bed is to pick a person or a subject to dream about. I do this by briefly thinking it, or writing it down. Then the next night or in a few days I WILL have a dream about that person or subject which I selected. often when this happens, in my dream, my guide will be right beside me. This works lucid or not!

Shared Dream Battle Tutorial and Hypothesis

Description: (Posted by WakingNomad on Oct 20, 2015) Energy is essential to dream battles, and understanding it is the key to battle.

Shared Dream Battle Tutorial and Hypothesis

This is an updated version and compilation of some other posts I made about five years ago.

Dream Battle Laws and Hypotheses

If you think this is ridiculous, please test out these laws in your lucid dream battles to see if they work or not. I challenge you to disprove these laws through your dreams. To understand Dream Battling, you must understand the Laws of the Dream Plane. Just as there are physical laws, physics, there are dreamical laws, dreamics. First some laws of the dream plane:

1. The dream plane is made of pure energy.
2. Thoughts are pure energy.
3. There are different types of beings in dreams: DC's, dreamers, interdimensional beings, non-sentient beings, and semi-sentient beings.
 - a) DC's: Dream Characters. Manifestations of a dreamer's mind. They will disappear as soon as the dream stops thinking about them.
 - b) Dreamers: Other dreamers from Earth, the physical plane.
 - c) Inter-dimensional Beings: Sentient beings not from earth.
 - d) non-sentient beings: these creatures are alive, yet have the mind of a simple organism such as a clam.
 - e) semi-sentient: these are creatures that are partially aware of themselves, such as many animals.
4. We all have an Inner World. Our Inner World is an infinite world of our subconscious mind's creation. "My" dream is a dream in my Inner World.
5. The Outer World is the dream plane beyond a meeting of minds. The Outer World is another total plane of existence.
6. Each Dimension is made of three planes: the dream plane, the physical plane, the astral plane.

The Physical Plane

The physical plane is where the physical waking world is. Brainwave frequencies: beta/alpha

The Astral Plane

The astral plane is between the dream plane and the physical. The astral plane is the real of remote viewing and astral projection. In the astral plane, you perceive some of the physical plane, and some of the dream plane simultaneously. Remote viewers are taught to filter out the dream plane, and focus on the physical by keeping their eyes open. Astral projection is more spiritually focused, and intentional AP'ers (which is inducing and out-of-body-experience), will be more aware of the dream plane. People astral project in their sleep all the time. This is also induced through meditation. Brainwave frequencies: alpha/theta

The Dream Plane

The dream plane is a plane of pure energy. Thought appears instantly on the dream plane. Intelligent and creative people can be very powerful on the dream plane no matter what state their physical body is in. Brainwave frequencies: theta/delta

Different types of Battle scenarios:

- **Dreamer vs. DC's:** If you are fighting your own DC's, you can instantly kill them all, love them all, or ignore them, and they will be instantly defeated. If you are battling another person's DC's, you are indirectly fighting that person, so see the rules of dreamer vs. dreamer, and dreamer vs. sentient being.
- **Dreamer vs. Dreamer:** In this scenario archetype, attention, and energy are all key.
- **Dreamer vs. Inter-dimensional or Sentient Being:** The rules are basically the same for fighting dreamer vs. dreamer, but generally inter-dimensional beings are more aware of the dream plane, especially whether they are in someone else's dream, their dream, a mix of the two, or in the Outer World. They may or may not have a physical body in their home dimension. They may have been living on the dream plane for centuries, or untold millennia, therefore can be extremely powerful.

Archetypes

Archetype means our frame of reference. Here's an example: You are into magic, so you shoot fireballs at an enemy. He becomes a water elemental, and puts out your fireballs. Another person fires a gun instead. The opponent becomes a block of granite. These are examples of a countering defense based on archetype. A good example of this is the wizard vs. witch battle at the end of The Sword in the Stone. Other examples of dream battling: Dragon Ball Z, Avatar, D&D.

- Even if you ignore a dreamer's attack, you will still get attacked, because the other dreamer is sending antagonistic energy toward you which will not disappear just because you ignore the dreamer, since the dreamer is more than a manifestation of your thought.
- There is always a weakness in every attack that can be exploited for a defensive counterattack. The weakness is based on the originator's archetypes. For example: The weakness of fire is water.

Attention

Attention is focusing energy. If you give another dreamer too much attention, they can actually steal your energy. *Example: Tooth moves to attack me in slow motion, with a giant zombie fist. I am fascinated yet disgusted with the detail of the zombie fist. I can see the rotting flesh, and even maggots crawling in it. I want to puke. BAM! He socks me right in the forehead.* So, in the example, I gave so much attention to his fist, it consumed my thoughts for a split second, and he was able to get a hit in. In other words, he stole my energy for a second by stealing my attention. Energy can be pulled using attention in any way. Using Cuteness, Beauty, Sexiness, Disgustingness, Size, Ugliness, Hilarity, Sympathy, Fear are some techniques to name a few. *Solution: Learn how to be aware of everything. Do not allow any one thing to draw your focus for too long. This can be likened to Perseus using a shield as a mirror so as not to look into the face of Medusa.* A waking life analogy is being too enemy-oriented. In other words, **you spend too much of your time and energy thinking about your enemies.**

Energy

The entire dream plane is energy. Therefore ignoring another dreamer's attack is not effective. Energy gives us strength and endurance. There are basically two types of attacks, a pull attack, and a push attack. A pull attack is taking the opponent's energy away.

Dreamer vs. Non-sentient beings

Non-sentient beings that will attack you are parasites. The benign non-sentient beings draw energy from the ambient energy. There are also non-sentient beings that draw energy from these, like animals, and so on. These parasites attach to you, or infect your dream body and feed off of your energy.

Dreamer vs. Semi-Sentient Beings

These may be beings evolving toward sentience. They are like many of the animals, such as dogs, which have a level of sentience, but not to the level of elephants, dolphins, or humans. These may be simple minded, but they may have been living on the dream plane for a long time. They may attack in packs or swarms.

Dream Battle Tutorial

1. **First you must learn the basics:**
 - a) Flying
 - b) Breathing underwater, breathing in space
 - c) InvulnerabilityThese basics are mastery over your dream body. You must believe and visualize yourself doing these things during your waking life.
2. **Battle dream characters.** Get used to what it feels like to fight in a dream. You will learn some method of fighting based on whatever you think is badass. it can be literally anything, from guns to superpowers, to kung fu to magic to becoming a cyborg, or flying a mech, you will do, because that is what you want to do. This will make your dreams badass, which will increase recall.
3. **Every time you are afraid, fight the enemy.** This will keep you lucid, because you just say to yourself, "This is a dream," and fight impossible enemies.
4. **Be open to gifts from other entities.** If you don't believe this is possible, you will not receive dream gifts.

5. **Be open to learn powers from other entities.**
6. **Find a shared lucid dreaming partner, and fight with them.**
7. **Learn from them as you fight.**
8. **Be creative. The more creative you are, the more you can distract the enemy.**
9. **Pull focus.** Do things slowly, before an attack, for example, charging a weapon for an attack will force the attacker to look at the weapon, making it more real to the person looking at it, thus giving it power.
10. **Learn how to ignore.** If you don't want to fight a DC, ignore it. When fighting a real person, learn to ignore their charge attacks. Be aware, but do not stare.
11. **Be aware that a real person can more easily induce fear.** You must learn to tell yourself not to be afraid, for it is a dream.
12. **Be aware that a real person can induce pain.** In my experience the pain is not physical pain, so you must learn to tell yourself the pain is not real, this is a dream.
13. **Be aware of the power of another mind to confuse you.** People may do simple things such as ask you nonsense questions, to draw your mental focus into something that doesn't make sense. They may talk in the second person, or the first person as your voice, which is very disorienting.
14. **Do whatever attack you think is coolest.** This is always the easiest thing to do, because it's easy to visualize. This also increased the badassery of your dreams, which increases dream recall.
15. **Ask your Dream Guide to teach you how to fight.**
16. **Do something new in every dream battle.**

Laws of the Dream Plane, Dream Battle Theory

Description: (Posted by WakingNomad on Jul 20, 2010) WakingNomad's theories on the laws of the dream plane, plus extra dream battle goodness!

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Check this out: apply dream battle principles to waking life. You can see how some people try to steal energy, others share it, others give too much away, some draw it from nature, some from other people. Everyone wants your attention, especially when you have a lot of energy. So far, no one has attempted to disprove this.

Welcome To Lucid City

Description: (Posted by WakingNomad on Oct 8, 2015) The purpose of Lucid City is to be a hub for dreamwalkers, those who want to share dreams with others.

Welcome to Lucid City

Lucid City is a persistently existing futuristic city existing on the dream version of Earth on a synthetic island floating in the tropics of the Pacific Ocean. The purpose of Lucid City is to be a hub for dreamwalkers, those who want to share dreams with others. You may take up residence there, and create a living for yourself, become a shopkeeper, a thief, a police officer, a smuggler or any profession you choose. The idea is to stay in one place of work, residence, or leisure for a long time to prolong the dream.

How to move to Lucid City:

We all live in simple, beautiful apartments in a large circular apartment building with a courtyard at the bottom, and food gardens on all levels. In your apartment is a bed, a holographic AI computer terminal in one corner, and a shrine with a large mirror in another corner. There is a door leading out of your apartment into the main hallway, and a sliding glass door behind a curtain opening to the large garden that wraps around all the apartments.

1. Visualize your room in Lucid City in great detail. Imagine what the bed feels like, what the incense burning in your shrine smells like, what the avatar of the AI looks and sounds like. Imagine yourself slowly walking around the room, touching things.
- **WILD:** As you fall asleep, pretend you are falling asleep in your bed in Lucid City, and visualize your dream room all around you. When you feel SP kick in, try to actually sit up. If you are in SP, and a deep enough sleep, your dream body will sit up in your bed in Lucid City. If you do actually move, just relax longer. Another technique is to try to roll out of bed after SP kicks in. (These techniques may also induce OBE's.)
 - **DILD:**
 - **Door:** walk through a door, and will your Lucid City room to be on the other side.
 - **Mirror:** Walk through a mirror, into your room.

Lucid Urth: Shared Dream RPG

Description: (Posted by WakingNomad on Oct 13, 2015) Play a shared dream RPG! However, I highly doubt there will be anyone online.

Lucid Urth: Shared Dream RPG

I introduce you to a new Shared Dream RPG: Lucid Urth

FAQ's:

- Who can play?: Any dreamer may play. I suggest you learn dream control at the level where you can teleport/dream travel at will to any location on Earth first. You do not have to be lucid to play.
- What is a Shared Dream RPG?: This is a role playing game modeled after MMORPG's where your character has a home. The way it works is you incubate your tasks during the day, just like the Task of the Month, and try to do it in your dream. Then you write it down the next morning and publish it to your DJ. You will be awarded titles as you complete quests. More importantly you will cumulatively build your character, as you modify and decorate your dwelling, which will increase the bond to the place, and increase time dilation. The eventual goal is to induce serial group shared dreaming by people going to the same place over and over again.
- Where is the game played on the Dream Plane?: The game is on Dream Earth, where you probably have most of your dreams, which some call Urth. The hub of the game is Lucid City, Neo-Honolulu which is on the island of Oahu in the Pacific Ocean. All quests begin in Lucid City.
- When?: You can move into Lucid City whenever you want, which is your first quest. I will be posting Quests in the Dreamwalker Forum. For access, send me a PM.
- Why?: **For epic fun.**
- How can I do this?: The game will be easy at first, and as you increase your skills, you will have more and more challenging tasks. Incubate the dreams while you are awake, and you will eventually dream of Lucid City.
- What are the unique features of the game?
 - it's a game you play 100% in your dreams.
 - it's free.
 - shared serial group dreaming induction.
 - multi-genre
 - your own home in Lucid City you return to dream after dream.
 - unique profession/classes/races
 - power restriction. For those dreamers with godlike powers, you will confine your powers to a set of rules in order to make the game feel more "real." Example, if you want to become a baker, Instead of simply summoning bread and handing it to people, you will actually grow wheat, harvest it, process it, bake it, set up a shop, and serve it. This could take a series of dreams to do. This will increase your sense of touch, taste, and smell in dreams, which makes it feel more real, and helps you stay in the dream longer.
 - unique professions. In Lucid City, at it's inception, there will be only one dreamer that can be the Barkeep, only one that can be the Baker, only one Blacksmith, Only one Steedmaster, for example. So, if you are the Barista, for example, you try to stay in the bar in your dream as long as you can when you do your Profession Quests, and hopefully other dreamers will stop in for a coffee or Lucidi-Tea, and you will be there serving them.
 - time dilation through the "do nothing" technique. You know when your friend asks you what you did yesterday, and you say, "Nothing." Doing such in your dreams will help you stay in one play for a long time, which will dilate dream time, and increase the chance of shared dreaming.

Learning Curve For beginner dreamers, I am making this as easy as possible to begin playing the game. You will learn basic skills and meet your dream guide. As your skills increase, you will continue to be challenged as you gain power.

Pet Classes!:

- Familiars: A small beast you will tame that will fight by your side, such as a wolf, hawk, cockatrice, or goat.
- Automaton: A mechanical creation that runs on steam with a clocklike brain that will fight by your side.
- Steeds: You will tame a steed to ride such as a horse, bear, zebra, dragon, or giant rabbit.
- Spaceships: Everyone may do a spaceship quests which is great for protecting oneself from dream parasites as you travel through wormholes, and for traveling to other planets.
- "Hanging Out" in dreams: We will create dream hangouts such as coffeeshops, tea houses, bars, dance clubs to increase the chance of shared dreaming.
- Events Seasonal and Monthly events will stimulate your imagination and help incubate the dream.

- Religion: You may choose a religion in Lucid City, and create a temple for your religion if there is not one there, even becoming a priest of your faith. At the moment there is a Temple of Gawn unto Gawn, the Dream Warrior Master, and a Temple of Khaos, unto Eris in Lucid City.
- In-Dream Meditation: You will meditate in front of your Dream Shrine you create in your apartment. This will increase time dilation, and increase the chance of you meeting your dream guide.
- Serial Dreaming: There will be an ongoing storyline played out in your dreams.
- Persistent World: Lucid City and Urth exist whether we are asleep or awake!

EPIC FUN: I wholeheartedly believe that people will eventually have shared dreams after playing this game for awhile. Go to the Dreamwalkers forum to begin the game, and fill out a character sheet. May all your dreams be lucid!

Can there be a space for lucid dream sparring? Like friendly fights using hand-to-hand/weapons/powers? If not, I want to start a thread for this purpose.

There already is. It's called Lucid Arena, and is in the heart of Lucid City. Fighting friends in dreams is fun if it's consensual.

Post How To Meet In An LD, AP, Or AT - Step By Step, by EnergyWorker

How To Meet In An LD, AP, Or AT - Step By Step

A.K.A. Mutual, Shared or Group Dreaming - Meeting In An LD, AP, Or AT

LD, AP, and AT are cool and amazing. They're fun, fulfilling, creative, and useful. **But how can you tell if your dreamscape or projection is actual reality?** Do you think it's purely objective, subjective, or a bit of both? Do you accept it as fact based on your experiences alone? What if you could apply a bit of scientific testing to convince yourself and others that at least some of it is objective? I think that meeting another LDer, APer, or ATer in a dreamscape (or on another plane of existence) is a natural inclination or next step once a person has gained significant mastery in LD, AP, or AT. It's the only way to truly prove that the experience is an alternate reality, external construct, or higher plane of existence rather than just personal imagination. It would be even more impressive to do it in deep space, where the participants aren't close to the living organism called Earth or Gaia. Reason being is that some believe the cause of an LD, AP, and AT might only be triggered due to close proximity of the Earth. Do you believe that the Earth is alive? Without further delay, let's dive right into the steps.

The Steps:

1. Agree to meet during an LD, AP, or AT on a given date and approximate time. Henceforth we'll refer to this as "the experience". Be sure not to mention what will be discussed or done in the experience. You want to keep it as objective as possible. That means resisting the urge to influence the other participant.
2. Go into the experience at the agreed upon date and time.
3. Call the other participant into your dreamscape if in LD. You can do that by calling out their name and feeling for them or by willing them in. Expect them to show up. Agree ahead of time where to meet if AP is the mode. AT is a bit more tricky - please offer feedback when you reply below.
4. Once in the experience, pay close attention to the details of the experience. At minimum, you'll want to describe the landscape, the atmosphere, the individuals, the dialogue, and the action bits of the experience.
5. When the experience has ended, carefully recall the experience with the details mentioned in step 2.
6. Write down the details of the experience.
7. Type in a copy of the experience on your word processor and save it.
8. Contact the other participant to ensure you both think you've met during the experience. Important: Don't discuss the details yet.
9. If you and the other participant think that you've met during the experience, exchange copies of your experience with each other. You can print out a copy of the experience. Then you can either meet in person or send it via snail mail. Otherwise, email the experience to each other.
10. Check and compare your experience with that of the other participant.
11. Decide for yourself if enough of the details match (especially the dialogue). If they do, present your case to the other participant. Ask for a comparison report from the other participant.
12. Based on both comparison reports, decide if you had an objective mutual experience.
13. If yes, then jump for joy and report it on the forum. If no, then try again later. **Never give up, keep trying.** If you are successful, you can invite someone different or even more than one participant at a time once you feel comfortable doing so.

Word to the wise: I think it goes without saying that as with waking life, only invite someone you like and trust while attempting to group dream.

I often wonder about true immortality. What happens to us after the physical body dies. **Would verifying a shared experience have any implications regarding true immortality?**

~EnergyWorker~

The Awesome Guide For Teleportation by Xvaiuer

Hi guys! Welcome to my Teleportation Guide. It's one of the only things I really seem to excel at in LD's. Let's get started![CENTER]

- Step 1: **If you believe it can happen, it WILL happen.** You have to truly believe that you can teleport. If you're very conscious in LD's, that's great, but also proves to your disadvantage, because it seems that your mind thinks, "No, that's not logical...You can't do that." If you're very conscious. (P.S. If you're advanced and you're very conscious, this may not happen because you've trained your brain to think that it can happen, but beginners have not.)
- Step 2: **Actually Teleporting.** Close your eyes, and tell yourself "When I open my eyes, I will be in (insert place here) Try to imagine it, use your five senses. Try to hear it, and smell it, and if you can, feel it. For example.. Close your eyes and say outloud "When I open my eyes, I'll be on a beach with the girl of my dreams." Feel the sand beneath your feet, and try and hear the waves hitting the shore. Chances are, when you open your eyes, you'll be there. The trick is convincing yourself and your brain into going there. Once you get the hang of it, you may not even have to close your eyes and envision it anymore like me. Just think "I want to go to the beach." and...poof. There you are.
- Step 3 : **Using Objects** (optional). If this isn't working, try spawning up some items! Say you want to go to the top of the Empire State Building, spawn a jetpack and fly up! It's all about creativity when choosing the object. I think that this is more fun then actually teleporting, but that's just me.

HAVE FUN. I HOPE YOU ENJOYED AND IT WORKS FOR YOU.

The Algebra of Relationships by sisyphus

The Algebra of Relationships

This topic is about the way that you relate to dream characters, and perhaps scenes and objects as well. Sorry, it's not about romance (but you don't want my advice on that anyway ;). I place it in Dream Control because it mainly concerns archetypes. It can be a lesson on creating characters, or interpreting them, or introspecting into yourself.

Algebra

In mathematics, algebra is about describing relationships. There are two essential elements: symbols and balance. Typically, you have an equation with some variables. For example: a + b = c. The variables are unknowns. The equality symbol declares that the two sides must be balanced. Algebra is a tool with many uses. If there is only one

unknown, then you can "solve for the unknown" (e.g. $x + 2 = 3$). If there are many unknowns, then they describe a fixed relationship (e.g. $y = 2x + 1$). In that latter example, you can't solve for x or y separately, but you can plot the relationship as a line. Things get even more interesting when you have multiple equations or balances besides equality, but let's focus on the fundamentals. If you take away nothing else, let it be this: Algebra is a tool and tools do not exist for their own sake but as a component of the process of understanding. Understanding is propelled by asking questions.

Translation

For dream characters, the symbols are archetypes and the balance is relationships. This isn't about math anymore, but there will still be some numbers. A relationship has two parties: you and them. That relationship can be either positive or negative. It can be symmetrical or asymmetrical. If there is asymmetry, then we can identify the two halves separately. And finally, we must remember that this is not math or logic. So we must consider that our seemingly strict relationships are actually ambiguous or non-existent. To borrow from logic, this system is "fuzzy."

Classification

I identify 8 classes. Because there is cosmic irony and because of my last point about always doubting that your system is perfect, there are probably more or less than 8. Nonetheless, I enumerate them:

- **Symmetrical, positive**
 - Archetype: Friend
 - Alternates: Partner, Comrade, Mate
- **Symmetrical, negative**
 - Archetype: Rival
 - Alternates: Foil, Nemesis, Doppelgänger
- **Asymmetrical, positive**
 - Archetype A: Teacher
 - Archetype B: Student
 - Alternates: Guardian-Ward, Mentor-Protégé
- **Asymmetrical, negative**
 - Archetype A: Master
 - Archetype B: Slave
 - Alternates: Manipulator-Puppet, Elite-Outcast
- **Combination/Ambiguous**
 - Archetype: "It's Complicated"
 - Comments: A relationship may be complex. It may be a combination of others, possibly in unequal proportion. It may also vary through time or context.
- **Neither/Nor**
 - Archetype: Stranger
 - Comments: A relationship is not fixed. It is discovered as details are revealed. Perhaps previously unknown elements are discovered even later.

Application

So that's kinda neat. It's a system for classifying characters. But how to use it? The first thing to note is that reality (even dream reality) is not so neat. Consider, for example: how would you classify a brother? Is your brother a friend or a rival? Maybe he's much younger or older than you, so you are on either side of a guardian-ward relationship. Consider a mother-daughter relationship. You might assume it is asymmetrical, either positive or negative. But over time, maybe it evolves into a symmetrical friendship or something else. Thus, I suggest this system is not so much about classification but experimentation. Look at your actual relationships with dream characters and see if you have mis-classified them because you rely too much on past beliefs and not enough on current context. As I hinted above, this is a process and it starts with asking questions.

Questions to Explore

- Do you have recurring characters inspired by real people? Have you perhaps mis-classified your mother, father, sister, brother because you put them in the wrong bucket? Do you see your real-life teacher as an archetypal teacher as as slavedriver?
- Does a rival need to be entirely negative? If they are a foil, maybe you have more in common.
- Does a relationship depend on context? Is your boss at work different from your boss at a cocktail bar after work?
- Does a dream guide have to be the teacher in a teacher-student pair? Could it be a friend? Or always a stranger?
- When you meet a stranger, do you immediately classify them? Do you see every stranger as a potential rival? What does that reveal about you?
- Take the point of view of the character. Would they classify your relationship the same way? You might seem them as teacher-student, but their attitude is master-slave. Remember that dream characters are you. So what does that incongruity reveal about you?
- What is your relationship with your dreamlife? Are you the master and dreams your slave? Or is it your teacher and you the student? Could you be friends?
- If you reframe your understanding of an existing relationship, what might change? Might it "solve for the unknown?" Might you grow or learn from it?

Advanced Vision Control Tutorial by Mylynes

Advanced Vision Control

I wasn't sure exactly where to put this so if it needs to be moved feel free to move it to where it needs to go. The goal of this tutorial is to enhance the amount of control a lucid dreamer has over his/her senses both while dreaming and also while awake. Ok I would like to start by saying that almost everything I have learned about controlling my senses has been learned from personal experimenting on my own. Because of this I do not have near as many terms for things as I will after being on this site for a while but I will do my best to explain things in a way that can be understood. This technique when mastered allows you to have complete control over all of your senses while either dreaming or awake. I believe that practicing this technique while awake will carry over and allow you better control while dreaming if you are already able to become lucid. This technique is my own personal way of manipulating my senses that has been slowly developed over a period of around 15 years. I will include information on all of the senses at some point but for now I will focus on sight because after getting good at controlling what you see the rest should fall into place fairly easily.

The Technique

The technique is simple enough. Basically what you are doing is directly overriding the images your brain sees. This is easiest to do while dreaming because your eyes are not picking up any light. While awake the less your real eyes see the easier it is to cause yourself to see whatever you want to see. With a bit of practice you can easily trick your brain into seeing something that is not there. I am also not talking about mere visualization which allows you to see images within your minds eye but instead any images you create should be seen as if they were actually there. One thing I would like to warn you about is after you are able to consciously exert control over your senses you may have issues with your subconscious creating things on its own. At a certain point these subconscious hallucinations could end up being a very bad thing. Ever heard of schizophrenia? Most likely the worst won't happen just be aware that if you practice this method of control it may open a door for your subconscious mind to create objects or entities that while real to you may not actually exist.

While Awake

- **Step One - See The Canvas:** When you first start practicing I suggest trying either in a dark room with your eyes closed or wearing a blindfold. Make sure that your eyes are not picking up a lot of light. What do you see? Really pay hard attention to what you see. You should see very small dots that may look something like static or small pixels on a computer screen. Do you see any colors or movement? I see these all the time. The few people I have taught this technique to reported not noticing anything at first but then upon further inspection they were all able to see what I am talking about. My theory is that anyone can see this but most people will

- automatically tone it out and not notice it. If you can't see anything then try closing your eyes, placing your palms against your eyelids and exert a small amount of pressure. You should see a lot of movement and colors even though your eyes are shut and there is no light to pick up. Try to recreate the same effect without exerting pressure on your eyes. You should probably try doing this at least one time but do not do it regularly. Your goal is to reproduce the strange visuals you get from putting a small amount of force on your eyes but without having to touch your eyes. After you get this down I would not suggest putting too much or for too long the pressure against the eyes because that may be bad for your eyes. You just need to learn to create the same things that caused you to see by using your mind.
- **Step Two - Paint With Your Mind:** After you have managed to see the static each of these small particles can each be manipulated by your mind. This is the first and hardest step to using this form of sight manipulation. It is also the hardest to explain. It's similar to training a muscle that you have never really controlled before. Try turning them into a certain color or bringing them together to form simple shapes. You may not have much luck at first but if you keep trying you should get better. You can use visualization to help but the object here is not to merely see an image in your mind. If done correctly with little to no light interfering you should be actually seeing an image. Try looking at an image on your computer screen. Stare at it for about 10 seconds then quickly close your eyes and observe what you see. You should be able to see the image for a while before it gradually fades away. If my technique is done correctly then you should be able to form images completely on your own that should look similar to what you just saw with the picture. At first the images you produce may be very hard to create and may be a bit blurry but you will become better as you practice. To use visualization as an aid, first picture any image in your mind and hold it there. This image can be used as a blueprint to fill in the actual image you want to create. Try to create those particle things I talked about and then color and shape them to match the image. If you are getting better at this then by holding the blueprint in your mind you should be able to fill it in easily by just allowing the pixels to kind of get sucked into the image making it solid. If you are having trouble getting it do what you want keep this in mind. Telling yourself you know a group of particles are blue and in the shape of a circle won't work. You need to find out how to directly manipulate them. You have to manipulate them simply by doing it. It's like lifting your arm. You don't look at your arm and ask it to move.. you just move it without thinking too much into it. My technique should be done about the same way. After you get the basics down try forming more complex images. Try forming images that move. Just experiment with it and try to give the images overall better quality.
 - **Step Three - Expanding Your Canvas:** If you think you have the skill down pretty well and you can create more complex images without light interfering then start trying to do the same exercises but gradually add in more light. Start off in a dimly lit room with your eyes open. When you paint an image into the air that you can see, you should also be able to see the dimly lit room at the same time. While you see both at the same time you can work on the ability to focus on only one input.. Your input. Solidify the image in your mind until you can only barely see the room you are in. Then slowly bring the real world input back up until you can see the room again. Doing this regularly will increase your control.

While Dreaming

After you get better at your control while awake you can try bringing it into your lucid dreams. While in a dream using this method you can fairly easily control everything that you sense. While your eyes are open you can modify whatever you are currently seeing just by using the technique described above kind of like when Neo from the matrix started getting good at his powers. I'm talking about things like the scene where he was jumping into people and making walls bend and such. For another way to apply this to a dream you can swiftly change anything in the environment or even everything in the environment merely by closing your eyes, creating a blueprint in your mind, and then solidifying the image using the technique. Open your eyes to find yourself looking at whatever changes you wanted to make. With some practice you should be able to do this instantly. The only thing that should take some time is deciding what exactly you want to do. For me I usually skip the eye closing part I just constantly manipulate all of my senses to have the dream I want. I still use a blueprint on occasion though when it comes to creating more advanced objects. Like maybe I will practice splitting my focus and create as many chess boards as I can floating in the air. I would also create enough people to have as opponents and I will give them each a slightly different play style. After the game starts keeping up with where all of the pieces are can really start to hurt your brain but the more you push yourself the better you will get. The craziest I got with that exercise while managing to not forget positioning of the pieces at all was when I played against 30 opponents at the same time. To get to where you can do that all you have to do is start low maybe play against a single opponent for a while and then add just 1 opponent. When you get to where you can handle the current number of opponents add another opponent and just keep repeating.

Ending Notes

I have much more advanced techniques I can get into including info on the other senses but for now this is the basics of this advanced vision control tutorial and should be all you need to get started as well as all you need to start expanding your mental abilities. The exercises should help get you to where you will be able to handle a second much more advanced tutorial. Feel free to ask any questions and I will attempt to answer them as best as I can. Any comments are also welcome. For questions and comments ect either just reply to this thread or send me a pm. I have my email on my phone so anytime someone posts on one of my threads it gets emailed to me and sent to my phone so I can probably get to your questions soon even if I'm not online. I hope that the information I will be giving on this site will be useful to someone.

Freedom and Sex for the Mentally Unhealthy by Occipitalred

Disclaimer: This discussion is not about mental illness but assumes mental health is a spectrum. Any reference to mental illness is actually a weak attempt at referencing a point on the mental illness spectrum that is below the threshold for an actual mental health problem that requires professional help.

So, in the last few months, I have been considering the role of unhealthy mental patterns as they affect dream. I believe fixing one's own unhealthy mental patterns in real life can be a dream control technique in a broader sense of the definition.

Freedom example.

So in the last months, I discovered I had a form of social phobia, that is, even if I didn't realize, the mere presence of other people was a source of stress for me. The stress was both physical and mental. I couldn't pee in public, was very unsatisfied with every human encounter I had, going over how I could have done better. I didn't even realize because though I knew I was shy, I was social and many people who know me said very confidently that I could be nothing else but extroverted, that I had no problem with making friends and shyness, etc. I know that's wrong though, I am introverted, I don't feel connected to the people in my life, and solitude is my source of energy. In dreams and lucid dreams, I was always alone and had lots of dreams about having to run away from every DC, all of them being part of a single community. When I had lucid dreams, when I would travel, the DCs would chase me because I had trespassed and was not welcome. When I became aware of my social phobia, and using Maslow's hierarchy of needs, I started telling myself "I am safe", and "I belong" whenever with people and believing it has led to a really fast recovery. I still don't feel that I belong with people the way I wish I ideally would, but I know I belong with people in a way that fits a more realistic definition for me. The effects in my dreams have been drastic. Now, in my dreams, I am surrounded by DCs who are my friends. I don't have many chase dreams anymore, but when I do, I am not running from the world, rather the enemy is only one villain or a group of people and I have to face them with friends, I am no longer alone, and DCs might come to the rescue. In lucid dreams, I am now free to go wherever I may. No DC tells me I don't belong. I know probably some lucid dreamers, especially those with no unhealthy mental patterns, can just will these problems away, especially by ignoring them and focusing on other things, but for me, I believe this was the only way for my dreams to become a place where I am free.

Sex example

Last night, in my lucid dream, there was a girl, and I willed her to me with sexual intents. She approached nonchalantly and disinterested, she left. I realize this happens often in such dreams. In real life, possibly due to my unhealthy mental patterns with society, I never feel like a girl can really desire me. I have had many girls interested in me until now, but never have I even considered that they could actually like me. I didn't understand why they pursued me and I just distanced myself. Now, I believe if I can finally allow myself to feel that girls are justified to like me, the girls in my dreams will become interested. I am searching for more examples of how unhealthy mental patterns can be fixed to improve dreams. Any of you have had similar obstacles that you overcame in such a way? This practice is very satisfying for me as **it liberates me both in waking and dreaming life.**

O.R.A.C.L.E: How to use schemata to break all the limits! by Stintman

This was inspired by Billybob's articles about Schemata and partly inspired by the concept of "archetype Control". It's probably some of the best articles about Dream Control I have ever read. Shortly after I read those articles I had one of my best LDs Iv'e ever had in my life. In short because I want to get to the practical use of this idea. The reason why you have dream control problems can be narrowed down to the fact that you have beliefs and beliefs are what control your dreamscape. "Flying is hard." "Sex makes you wake up." "Dreams are unstable." If you have these beliefs because someone on this forum told you then Yeah your going to have these problems.

- You have Beliefs

- Therefore it makes sense that maybe you could take this weakness and turn it into a valuable dream control accent. If dreams are affected by belief then maybe you can shift your belief? Think of your dream as a computer Operating System. Makes sense! Lucid Dreams are compared to virtual reality. Imagine you could tell your computer to execute any file you've created.

- Oneric
- Rule
- Adjustment
- Cycle for
- Lucid
- Enjoyment

O.R.A.C.L.E is basically a set of schemata(Beliefs) that you can essentially accept as result of thinking in this way while you are in the dreamstate. You can make it whatever you want but to help you understand it better I'll put some of the beliefs that you would want.

- Stabilize the Dream permanently
- Adjust the crippling beliefs that make your LD such low quality.
- Can make the Dream a perfect quality just like real life.
- ETC.

Lucid Dreaming Skill Tree by Gokeiken

Flying  ○○○○○ Through wall  ○○○○○ Fast moving  ○○○○○ Teleport  ○○○○○ Movement	Fire  ○○○○○ Water  ○○○○○ Earth  ○○○○○ Air  ○○○○○ Summon item  ○○○○○ Telekinesis  ○○○○○ Summon animal  ○○○○○ Magic	Change weather  ○○○○○ Gravity  ○○○○○ Time dilation  ○○○○○ Shapeshifting  ○○○○○ Changes
Lucid dreaming  Passive skills: - Stabilization - Self-control - Exploring - Waking from LD ○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○		
Summon character  ○○○○○ Conversation  ○○○○○ Mind control  ○○○○○ Human	Play instrument  ○○○○○ Play sport  ○○○○○ Create music  ○○○○○ Playing	Sex  ○○○○○ Travel  ○○○○○ Create environment  ○○○○○ Talk to subconsciousness  ○○○○○ Talk to animal  ○○○○○ Other
Follow a story  ○○○○○ Create a story  ○○○○○ Relive a memory  ○○○○○ Timetravel  ○○○○○ Story		

It starts with giving yourself a quest. This means that you need to specify what you are going to do in your LD before you go to sleep.

Example for beginners: I will fly for at least 5 seconds. - Completing this quest gives you 1 point in category Movement -> Flying
To give myself a point, I colored the circle below the icon with light blue color. When I filled all 5 circles with a light blue color, I repainted them with next-level color. Colors are in the cloud of the sleeping icon in the middle. But you can give yourself in a different way.

Giving yourself a quest helps you with focusing on that thing you are going to do when you start LD. As you know the intention to do something is very powerful while obtaining LD. You can also imagine how you are going to do it before you go to sleep.

I never had more than 3 “active” quest. Don’t clutter your mind with too many objectives. However, you can have a quest with 2 goals.
Example: While flying I will shoot fireballs from my hands. - Completing this will give you one point in Movement

FireFlying and one point in Magic

LD Skill Tree:
In the middle, we have passive skills. These skills are essential for lucid dreaming. Below is a quick overview of skills. It does not tell you how to do it, just what you can do.

- Stabilization - You need to stabilize your LD or else you will lose it.
- Self-control - Remain calm and stay present in LD
- Exploration - Explore an environment around you without changing it
- Waking from LD - Wake up when you end your LD to keep your memory of dreams fresh.

Category Movement:

- Flying - Fly through the sky
- Through wall - Go through the wall
- Fast movement - Move beyond “human” speed
- Teleport - Go from point A to B in an instant

Category Magic:

- Fire, Water, Earth, Air - Control these elements
- Summon item - Summon specific item. Maybe a car or just a stick
- Telekinesis - move objects with your mind
- Summon animal - Summon specific animal

Category Changes:

- Weather - from a sunny day to the rainy day
- Gravity - play with gravity. See how other objects will move with it
- Time dilation - Slow down time, or speed it up
- Shapeshifting - Change the shape of your body, or become an animal of your choosing

Category Human:

- Summon character - summon specific person. Maybe a dead relative or your favorite movie star
- Conversation - Speak with dream characters
- Mind control - Control fellow DC with your mid

Category Playing:

- Play an instrument - Summon a guitar and start playing it
- Play a sport - Be a part of your favorite sport team
- Create music - Create music out of thin air

Category Other:

- Sex - yes you can “do” it
- Travel - go to your favorite destination or an imaginary one
- Create an environment - Create landscape, from rivers to mountains
- Talk to the subconscious - Talk with your mind, see that it tells you
- Talk to animal - Ever talked to a horse? Try it.

Category Story:

- Follow a story - just follow a story that is happening
- Create a story - create your own story
- Relive a memory - relive your favorite memories
- Timetravel - travel back in time to see the pyramids... or into the future

There are probably also other things you can do. I still didn’t do all the things but it helped me a lot when trying to control my LD.

Fun, Easy, and Difficult Ways to Teleport by Sensei

First! Welcome to my thread. I am BrandonBoss, but you can call me "BB", "Brandon", or just "Boss" is fine.

Rating System

Type: two main types inter-dimensional (ID), and outer-dimensional(OD). Some can be used for both. inter-dimensional has two types as well, short range and long range. Some can be used as both as well. I will list ID or OD first and then short or long.
Difficulty From Start: Obvious, how hard is this going to be from the git, if you have personal experience with any of method of dream control, you might have an easier time with ones that are similar to your own experience.
Difficulty Later: How hard is this going to be when you master it.
Fun: obvious
Usefulness in Average Dream: Are you gonna be able to do this in a dream normally or will you have to look for something or use more dream control to get to it?
Usefulness in Fight: Obvious
Drawbacks: Obvious
Dream Example: obvious

Teleporting Technniques

Dream Items

- Type: Both; Both
- Summary: Find an item that will allow you to teleport. Like a wand, portal gun, portal, or anything else. You use it like you think you would.
- Difficulty From Start: ★
- Difficulty Later: ★
- Fun: ★★★★★
- Usefulness in Average Dream: depends on the item, but normally going to require some minor summoning or looking for an item, so you can't just do this. Usefulness in Fight: depends on the item, if you have a wand, it could be used to do spells as well. portal guns could be used easily in a fight as an attack or defense, especially with attacks or defenses. It is kind of dependent on the item.
- Drawbacks: Minor summoning. Could take a bit of time to get the item, might be the wrong item. Will always have to do that summon.
- Dream Example: I am already holding a wand again... :3 I shall apparate away. I turn and appear somewhere else. The dream stability is messed up and I forget to restabilize and lose the dream quickly. This can happen a lot in teleporting. Try to calm down right before you teleport in case you wake up. It is easier to restabilize and easier to DEILD back if you are calm.

Expectation

- Type: Both; Both
- Summary: Straight Up Expectation... duh...
- Difficulty From Start: ★★
- Difficulty Later: ★★
- Fun: ★★
- Usefulness in Average Dream: Can be useful, you need to work on expectation a lot if you going to get good at dream control, so if you have used it before, you will find it easy, or if you haven't you will have some issues.
- Usefulness in Fight: meh...
- Drawbacks: Need to practice with expectation and probably some form of meditation. It gets easy, but it is hard if you are in a pinch. That is why it is useful, but only when first practicing control. There is a lot easier and more fun ways to do this.
- Dream example: I am walking across a lawn. For the love of crap, I can't find any DCs to do goals with. I shall teleport somewhere else. Maybe I am close to the mall. I turn around a couple times and finally see the mall in the distance and start heading there.

Seaming

- Type: ID; Short
- Summary: I find or make a crease in a wall and put my hands on the outside. I jump through through the other side.
- Difficulty From Start: ★★
- Difficulty Later: ★
- Fun: ★
- Usefulness in Average Dream: good for locked doors and getting in places.
- Usefulness in Fight: good for running, could be used as an attack... I'd have to try it though.
- Drawbacks: None really. it is simple
- Dream Example: I am walking down a road. all the houses are pointing the opposite way and there are taaaaaall security fences. I can either keep going down the road or go to one of the houses and I want to find a DC to fight. I seam through the security fence and into a back yard. There is a locked glass door and I seam through and run into a couple.

Three Dimensional Warping

- Type: ID; short
- summary: This is hard to explain, but simply I change the dimensions around me as I turn and go to where I want. Hard to explain. The example will help.
- Difficulty From Start: ★★★
- Difficulty Later: ★★
- Fun: ★★★★★
- Usefulness in Average Dream: Good. cuts down long distances easily
- Usefulness in Fight: Good. You can move around the fighting area easily.
- Drawbacks: might mess with a stable area.
- Dream Example: I wake up in my house and start trying to get out of the rooms. I can't seem to get to the front door. Every time I open a door I seem to be far away from it. I can see it near me. I turn away from it and as I turn around the whole building warps around me and I step out of the front door and into the jungle.

Barriers

- Type: Both; Both
- Summary: Create a barrier or two with a rule for teleporting. I normally have a barrier around me and I pick a place to go. I can make one that either stays in the dream world, or one that only exists with one or two or more uses. Two barriers is to make two places that can simultaneously move back and forth any time you go through. Most of these are 3D opaque barriers. Some are invisible, sometimes I will put one on a wall and the wall will teleport me to a different place.
- Difficulty From Start: ★★★
- Difficulty Later: ★
- Fun: ★★★★★
- Usefulness in Average Dream: Extremely, **use your imagination**
- Usefulness in Fight: Better than any other fighting tool I have found yet, except maybe retry. Being able to set a barrier up and leave it there without any attention is pretty helpful.
- Drawbacks: Not many... I am sure that there are some though. Most of them are visible to the human eye, so you can see them coming. It takes mind power to create something three dimensional
- Dream Example: I get attacked by a witch that is constantly killing DCs and ignoring me. We are in a small room and I create a barrier around the whole room. I don't know if I can teleport the witch, but I shall try. I teleport everyone in the room into a different place and the witch into a jail (she either didn't go, or escaped).

TRI -FECTA!

- Type: OD
- Summary: Lay down and go to sleep. Use the WILD process to set up a new dream. If you wake up, you can DEILD back. You don't have to lie down. You shouldn't open your eyes. Just imagine them open at a different place. More about it in this post:

[Thanks steph and fryingman. Fryingman. Make sure that each day you spend time on both types of awareness. The one I am always lacking is GDA (general dream awareness), if you don't get enough sleep, or have too much stress, this lowers first.

- when and how and how often and how long do you think "I'm dreaming" during the day?
Well on average I think it any time that I think about dreaming. I want to have it in the back of my head at all times, but I have changed this for a little while. Right now I am on a looong LDing lack and I need a lucid, so I decided to pick up the gravity RC way more than ever and make it my own. I couldn't seem to think about*gravity "all the time" like hukif suggests, so I am conditioning myself into it. When at work right now I have an alarm going off every minute in order to remind me to think of gravity. I try to keep it going for the full minute. If I do this long enough I am hoping that each time it hits the minute mark I will still be thinking "I'm dreaming" and paying attention to gravity, at least somewhere in my mind since it is supposed to be something that is in the back all the time. When I get it there every minute I will keep increasing the time until I know that it is in the back of my mind. so right now I repeat it thousands of times a day since I hit about 50% of the minute marks for 5 hours of work and I probably have it repeated every other second. so a lot. This is extreme, but I want to get this working really bad. I have committed to doing this the next 30 work days at least. When not working it is getting to be like every minute or so, but before this I did it every five minutes or so and that didn't work bad.
- what else do you do during the day?
Right now gravity RC. Visuals. Mantras. Telling myself that I am the best ever and things like [that.song](#) about LDing. Relate everything I read or watch to LDing.
- what do you do before bed? What bedtime intentions do you set?
- what do you do on each waking? What more intentions, how do you decide between choosing WILD vs. DEILD vs. DILD
- how do you do your micro-WBTB, do you have it timed, or do you monitor your level of drowsiness, etc?
- how do you recommend getting in to teleporting while still at a pretty low LD count (say 20ish)? Or do you recommend not doing that until higher counts with more reliable denser LD frequency?
- what again is your teleporting approach?

Hah! All these I can answer in one question. :3 because they are all similar in my way.
Ok. So I lay down. I start feeling my dream body. Now at this point when in a dream or in waking, what body you feel at this point is your dream body. Whenever you. Start feeling your body, it is really your idea of your body. So I imagine myself falling asleep and waking somewhere else. I keep up my mantra the whole time and I keep the "dream feeling"
It is always a feeling that I go for for micro wbtbs, so I dont know how long. I only DEILD after LDs, and WILD and DILD are chosen for me this way. This is a way to teleport as well.

More on: teleporting
My first 70 LDs I spent a lot of effort on flying because I didn't think that I would be able to accomplish any goals if I couldn't fly! I was not a natural flyer, no help from DCs constantly harassing me and telling me that I couldn't fly. After I got that down I used my method of doignthings like walking for a while. After about 150 LDs I started teleporting like mad. Lucids and non lucids. I still have issues with goals, but probably because I have too many. I accomplish a goal proly 3 times a week when I am LDing (I am on a slump right now, but I will get all the LDs tonight) it is easy to accomplish most, but goals for competitionsbor toty are hard to rememeber because they dont come from my desiresm trying to change that). :3 I had awhile thing written about teleporting methods, but I am gonna make a thread for that soon. I will just give you the one that is just what I do with the DILD,WILD, and DEILD.

Teleport tech: I lie down and go to sleep. **then imagine where you want to go and teleport.** It basically an in dream WILD.

Thanks fogelbise. I am glad you think it is genius. I wanted to make sure I didn't miss any chances to WILD, DEILD, or DILD, so the only way to make sure I miss no chances is to have the same set up. It took me a while to get exactly what I needed to do down. I have specific things that I do in order to keep my mind active yet not too active that insomnia ever sets in, but I dont tell people exactly what I do, because that isn't part of the "system" that is something that will have to be specific to the individual, and will take time to find your own way. One of those things is SSILD, if I feel like I can't fall asleep. Backflips if I can't feel my dream body enough, forgetting my body if I am thinking too much about my dream body and can't sleep, counting if I am too tired. One thing I always always do is my mantra. This is why I try to get people away from SSILD because it is only 1% of what I do when getting myself into the right mindset, and info it once a week at most.]

- Difficulty From Start: ★★★
- Difficulty Later: ★
- Fun: ★★★
- Usefulness in Average Dream: FA perfectly awesome. I hate FAs, so now I can just lay my head down and go somewhere else.
- Usefulness in Fight: haha... go ahead and try it. please post your results here.
- Drawbacks: Might wake up, but you'll get a chance of DEILD. If you have WILDed a lot, you should be able to just use that feeling and expectation.
- Dream Example: Near a beach around sunset. Pretty. I lay down and go to sleep. I am in a Goodwill or some store similar. Good place to mess with gravity.

Willpower

- Type: Both; Both
- Summary: Exercise control over the dream world. I am teleporting there right now. Can be confused with expectation and they can be used together. meh.
- Difficulty From Start: ★★★★★
- Difficulty Later: ★★
- Fun: ★★★
- Usefulness in Average Dream: Not extremely useful, but some people like the feeling of power.
- Usefulness in Fight: Can be useful, but be careful, if you use all the willpower you have in a fight you might take over the other person's actions and make it so easy that it aint fun anymore (can also happen with expectation)
- Drawbacks: The fighting one mainly. Can also bring you to a whole world where everything happens like you want. More like a daydream than a dream. The AI in a dream make it feel more real, so leave them their free will most of the time.
- Dream Example: I am with my wife looking out a window. I ask her where she wants to go. She says somewhere warm and I put my hands up and force a desert out there. She laughs and I change it to SAO. I think I woke up shortly after. (using a window or something like this will make it easier to believe because it is like changing channels.

Slip

Type: OD

- Summary: This one is hard to explain, but when I was in a dream once (non lucid), I noticed a small rift in time and space. I can't explain what the fourth dimension looks like, because it isn't something that you can see with your eyes, it isn't something explainable with your words. Basically try to make a rift, but it would be easier to remember one. When you see it... you should know it.
- Difficulty From Start: ★★★★★
- Difficulty Later: ★
- Fun: ★★★★★
- Usefulness in Average Dream: Dunno, teleporting this way is pretty good.
- Usefulness in Fight: maybe if you are running. I know that alternate reality me used it to run from a fight, but almost every teleportation tech is good for running.
- Drawbacks: Gotta find it.
- Dream Summary: This is why I incubate dreams. - Dream Journals - Lucid Dreaming - Dream Views

Jump

- ID; Short
- Summary: Look at a place, imagine yourself there. A bit like intention, but by looking.
- Difficulty From Start: ★★★★★
- Difficulty Later: ★
- Fun: ★★★
- Usefulness in Average Dream: Might use it, not really needed zooming is easier.
- Usefulness in Fight: Extremely. You aren't moving quickly, you are simply now... behind them... like an anime.
- Drawbacks: takes some effort, but if you get good at dream control it is a snap.
- Dream summary: I have only used it a couple times, so to keep from lying about a fake dream or posting part of a dream I don't want to tell I won't post on this. Pretty simple concept.

Scan Jump

- ID; short
- Summary: Use scan and pick a place. After learning scan it is pretty easy since when I use scan I sometimes forget which part I am actually on, so I just choose wherever I want to be.
- Difficulty From Start: ★★★★★
- Difficulty Later: ★★★
- Fun: ★★★★★
- Usefulness in a dream: Pretty useful if you are looking for something in a place. It stays in the same universe, so it is pretty nice.
- Usefulness in Fight: Haven't tried.
- Drawbacks: Gotta learn scan
- Dream Example: Can't find it and don't feel like typing it up right now. Will post later if people are interested.

Screw it

- Type: Both; Both
- Summary: Similar to willpower and expectation, kind of a mixture, but a higher one. Mixing them and making it harder and more fun and more useful. I simply screw where I am at and say that I am somewhere else. I simply reject the idea of the place I am, and accept a new one.
- Difficulty From Start: ★★★★★
- Difficulty Later: ★★
- Fun: ★★★★★
- Usefulness in Average Dream: Pretty good if you want to teleport without losing stability
- Usefulness in Fight: Not really a fighting move.
- Drawbacks: takes a few tries and pretty good control over your thoughts.
- Example: [Hmmm... Another Aladin fail (I haven't forgot about these). I really have issues thinking of a specific task in a LD. Been doing all sorts of tasks, but going for a specific task is hard for me. *DEILD, back to sleep. Hmmm... I guess I could go for a goal. I look at the computer. Ah, I could see if I can get some "government secret" answers to questions hack into government computers (I don't know how to hack or anything, but I can fake it in a dream.) I have two monitors, and moves around like it is on an arm going out from the desk, after a minute or so of no answers (and being a little scared about getting caught even though in a dream) the computer disappears. I need to do the Aladdin task anyways. I try a new way of teleporting and I am in the outskirts of Agrobah. I figure if I go through parts of the movie I can remember the rest of the task. I look at the sand hill that I am on and at the top Jasmine is fighting two guards (I get a little confused, but I figure that this is how the movie starts). One guard jumps me from behind and i swat away his sword and stab him. I run up the hill to the other two guards and stab one in the back. I realize that those were easy fights and I want a harder one I wave Jasmine off the last guard. I jump at him and he is the leader man. Blocking really isntntoo hard since I have been working with reflexes lately. I am getting the feel of swordplay. I keep my speed at "feel" speed. He is pretty big, so I use my speed and jump on top of him and leave my sword in him (think finishing moves). I stood up and Jasmine is still worried. I grab the sword and look at the three men lying down. This doesn't seem to be like the actual movie. I remember something else about the movie and dodge to the side. A tiger flies by where I was just standing and then looks at me. The bloody remains of its last victim in its mouth still. I jump at it and chop off a paw. I think of David fighting a lion without a sword... Yikes. It limps at me and scratches toward me. I block with my sword and push the paw away. I stab upward into the bottom of its mouth through the top of his head. There is something i need to remember about this movie... What was it? Wake up.]*

Final

Thanks for reading. Please try these and tell me your own teleporting techniques. If some of them don't make sense, then just ask me. This took forever to type up, but it was fun to get my thoughts on this in order.

How to Effectively Use Techniques by Sensei

This is probably the closest I will get to writing "What I do to get lucid", so for those asking... um... here.

This is how to make DILD techs more effective, and what I believe, is what DILD techs are for. This will help with WILD as well, but it I shall make a thread for WILD soon, maybe. So! You have read all the tutorials and they don't seem to work. Right? Like, I do something that others have done over and over and even if it works at the start, it doesn't seem to work consistently. I may have weeks without a lucid dream, how do I combat this?

Where do I go from here.

Another little note before we start. When first LDing, you don't even know the feeling, so it can be muddled and hard to follow. This may not help people at the beginning. When you have 50-100 LDs, you will generally start doing a "technique shuffle" where you keep changing the tech over and over because they keep falling apart and not working. Even if you stay consistently lucid, the tech shuffle keeps happening, you just get better at the tech shuffle. After about 100, people will start to get that tech down that gets them the feeling, but dry spells and things "leaving the feeling" are going to hurt them and make it harder on them than it needs to be. This is actually mainly for people with some LDs under their belt, but I am guessing that reading it when you don't know the feeling will help you to look for it.

Daytime Techniques

Have you ever had the feeling that you were definitely going to lucid dream tonight? Like... "Man... I just need to fall asleep, and I will definitely have a lucid dream!" I doubt the feeling is the exact same for everyone, but this is what I call "Peak performance" and is the best you can get at LDing for your experience level for day work. The problem here is that people are stuck to their techniques, so they end up breaking out of this feeling by working "too hard" and leaving the prime area. Imagine someone playing basketball that cannot yet shoot the ball, but still walks right next to the basket, waiting to shoot. Instead of just waiting until it is time to shoot, he keeps moving, walking around in a circle, trying to get a good vantage point for shooting. Just stand still! The techniques are trying to get you to this point, where you can just easily shoot and score, but you keep moving! Thinking that by some force of will, you will be able to get a better shot than right next to the basket! What the sheol? Just stop and trust in that feeling. I am not saying that if you have that feeling that you will LD, but it is more likely than anything else that you could do at this time. The techniques are there to get you to the feeling, if you have the feeling, the techniques are often not needed, and sometimes harmful.

Nighttime Prep

Before you go to bed. Instead of "spending 30 minutes visualizing getting lucid over and over" or something like that. visualize what you will do when you get lucid. Because

you are already "taking a good shot", don't worry about getting lucid. Just enjoy some time thinking about lucidity without trying to grasp it. This is a time that I think a lot of people lose the feeling and walk further away from the goal. BUT! Before you go to sleep, just double check the feeling, make sure it is there. If it isn't, no big deal, it may have just faded a bit and will come back through the night.

Nighttime techniques

WBTB, Micro-WBTB, DEILD tries, and all the things like this all have one thing in common. Waking up! Why is this important? Because the feeling is not there during your black out stages. On days that I LD many times, I usually have pretty much no time blacked out. A black out phase would be the time before your dream starts or time before you remember what was happening in a dream. Think about the last dream you had. How did it begin? See, black out phase right there. The more you wake up, the less time the black out phase will be. This can put a strain on your sleep, so the amount you wake up should correspond to how much you are sleeping and how well you are sleeping. Every time you wake through the night, you are closer to REM than you would have been otherwise and you are going to have an easier time making the shot. Every time you wake up, you take another shot. This might take some energy, but it gives you another shot, and the more shots you take, the more warmed up you are. The most important thing to do during the night is to bring the feeling back You will lose the feeling, unless you have all lucid dreams all night. The feeling will have faded. But if you just, reach out, it should be close if it was there yesterday. If you wake up from a lucid dream, you still have the feeling, maybe write down a dream or two, but GO BACK TO SLEEP! Think of it like being on fire in basketball, or doing the Micah drill. Just grab, put it back, grab, put it back. If you wake up from a LD for more than a minute, then make sure to grasp the feeling, but not the feeling from before, but the feeling of the previous dream.

A Good Sleep Schedule

You know what a good sleep schedule is, and the better you are at LDing, the more you can stress the idea of a "good sleep schedule" I used to have to sleep before 11 for 3 nights in a row, now it is... different. Even if I stay up till 1 or 2 or more, I can still usually LD, It just won't be as much as it had in the past, it still adversely effects me, but it doesn't cripple me. I can also tell that if I go to bed on time every night, I will have way more lucid dreams, dreams, and recall of all them if I just go to sleep on time. This is one I struggle with greatly and LDing has been the only thing to make me go to bed on time.

Meditation

Meditation is amazing, plain and simple, everything that we do for LDing is a form of meditation even LDing itself. This doesn't mean, however that any meditation at any time is a good thing. Some meditation is always good. Like, clearing your mind, or stress relief, or fun visualization. Intense meditation for the sole purpose of LDing can be you walking away from the goal though. I have this ritual I do, it takes a while, but if I don't have the feeling at all (usually when I haven't been lucid in a bit), I will sit on a couch in a position that I cannot fall asleep, I will then visualize all my LDs that I can remember until I get the feeling back, then I stop immediately. I didn't used to know why I stopped, but I knew it was time to stop. I have tried before to do this every day, because I thought "I always get a lucid when I do this" and I didn't get a lucid for weeks while trying this. IT IS MY BEST TECHNIQUE?! WHAT THE HECK!? Because I wasn't staying near the goal. The feeling, not the tech.

Stress

Why does stress effect us so much? Because it is literally the waking feeling being overwhelming. Your life is pressing in on your mind in a bad way. You can't think about anything but your problems. This is why LDing is hard during stressful times, lucid nightmares happen more often as well, if you experience "great waking stress" and this can be an extremely distressing experience. Try not to stress, even if life is hard and pressing on you. I feel like a very unqualified person to say this because I am a very carefree person. When I first started LDing, I was FT work and college, wife, and a child on the way and I didn't have a care in the world. This is not what holds me back, but it holds a lot of people back.

Insomnia

The old fiend. If there was one thing that held me back in my LDing, it was my insomnia. I would have the feeling for days and be lucid almost every night and then BAM! I don't sleep even a wink at night! :/ It used to take me three days of sleeping well and doing techniques to find the feeling, now it takes... less time. After a good night of insomnia and then sleeping well the next day because of, well, being completely and utterly tired, I would draw an accidental (or maybe not so accidental) line between the insomnia and the feeling. This has haunted me and held me back for years. So much so, that now that I am over it, or feel like I am over it, I don't see anything stopping me from having LDs every single night until eternity. How did I get past it? The same way I lucid dream. I realized that I have a feeling every time I think I am not going to get to sleep, and then I worry about it, and then I don't sleep. So I started some techniques for keeping the feeling away, and that "anti-feeling" I treat like a feeling. If I feel like I will sleep tonight, I don't worry at all. If I start feeling like I am not going to sleep tonight, I do my techs to bring the other feeling back. This has worked for a month and will really be tested with the Dreamviews competition. It is something that has caused much insomnia in the past, and I am excited to see my progress. Ways to fix this have included, self affirmations, visualization, meditation, etc.

Forgotten

This is something that I have forgotten time and again and have either had it as a "sure sure, I know this" or "I can't believe I forgot!" type thing. If I had kept with it all the time, I imagine I would be farther than I am now at LDing, but I am where I am, and it isn't a bad place to be.

Technique is not a bad thing

Techs are needed, especially at first, but they are not the goal. They are the bow, they get you to the goal. Most people see techniques as things that they need to do every day, but they aren't, they are like drills and may be something that you need every day at first, but when you have the fundamentals down, you may just need to brush up on them every week. However to score every night and to keep getting better and better, you need to try almost every night.

One last note on DJing

Dream Journaling is not needed to LD, but it will probably benefit you more than anything else, especially if you are wanting to get better at dream control, persistent worlds, etc. Dream Journaling doesn't have to be a tedious crazy thing either. You can just write a quick summary. I might even just use keywords and phrases, but if you want to remember a dream, write it down. One of my favorite lucid dreams, I have read time and again, is the first one in my DJ, I reread it for the first time in a year the other day and I had completely forgotten a big part of how I got lucid! It changes the whole context of the dream! If you are serious about LDing, then at least write down the LDs that you want to keep, you won't just remember all of them.

To some, this may seem overly complicated, to others, it may seem like it isn't complicated enough. When you read through this, you may realize that if I have the feeling, I don't need to do anything to get lucid. I just go to sleep and wake up with the lucid dream. Note, this is a technique on how to utilize the dream feeling! I doubt that it is the best possible thing to do with it, it is just what I do with it. Explore, figure out what you want to do with it.

How to Effectively Control Your Dreams by Sensei

This is a long thread that doesn't really get to it's point until the end, but I promise if you read all the way through, you will not be disappointed! I was thinking about teleporting the other day (as I often do) when I was walking through the mall. I was thinking about how I chopped it up and put it into different sections in the past and then I had an epiphany! There are only 2 ways to teleport! I started thinking about this and how fascinating it is to me and I remembered something that I used to say “Teleporting is the foundation to accomplishing every goal.”

- Need a persistent realm? Teleport!
- Need to meet Einstein? Teleport!
- Need to bake with Snoop Dog? Teleport!

So then while I was getting ready to make this very okay thread that would probably be passed by the wayside, I realized that the 2 types of teleporting are actually just the two types of dream control! Ok, so if you look at my thread: [Fun, Easy, and Difficult Ways to Teleport], You will see that there really is no rhythm or rhyme or reason to the teleporting, grab item, use item, just do it, close your eyes, etc. I was taught by a DC a while ago that “If you feel yourself teleporting, you can direct where you are going to go.” and while this may not be true for everyone and everything, it made me realize that sometimes I leave where I am at when I am teleporting, and sometimes I don’t. To put it more simply:

- Sometimes I move
- Sometimes the world changes

Take, for instance, the “closed eye teleport”. Close your eyes, open them again, and BAM! You are somewhere else, if you were holding something or in a room or something, some things may be the same and you are in the same position. You didn’t move, the world around you changed. Now, lets use something extremely similar, the “lay down and go to sleep teleport.” Usually, when I do this, I am not just closing my eyes and opening them again, in fact, I lay down, close my eyes and keep them closed. I then either let it take me to a random dream scene or imagine one around me, but 99% of the time, it takes me to a place where I am standing up. I moved. This may not seem like a big deal to you, but let me explain how this changes my idea on dream control. There are some things that are you, and there are some things that are not you. I can get bigger, smaller, change shapes, create fire (from my hand or from my body), and I can change the ages of DC by touching them (getting closer to them). These all fall under the category of my body and things that I can extend my energy onto. ME. I can make things appear, I can set an entire field on fire or an entire horizon by just looking at it. I can TK, I can create barriers, I can make DCs do what I want. These fall under the categories of changing things that my body doesn’t need to touch, I can just change things that aren’t me.

You may be thinking something along the lines of “But what about blah blah blah” right now, and I beg you to just follow me on this trek and we will get to something that makes solid sense. You might have seen a different link by just reading this. Like my overwhelming ability to control fire. But seriously, this is a big point, don’t miss it. When I first started LDing, I had power over fire because I had done it through incubating dreams in the past, so fire moving of any kind made perfect sense because I had done it. I realized instantly that making something from afar light on fire was a lot different than lighting something close. I was confused that it was hard for me since “I am good with fire” so I tried it a couple times and found quick solutions. So, I used the idea that I had done it in the past (with just creating fire from my hands) mean that I should be amazing at this. So I changed my perspective, instead of just shooting fire out or expecting fire, I put my hand in front of my eyes and put what I wanted on fire right where my hand usually would catch on fire. I then set the fire, and instead of setting my hand on fire, I set something really far off on fire. I then used this past idea that “I have done this before” make it easier the second time, by putting my hand out and whooshing it across an entire field. I then took the hand away a different time and just remembered the feeling when something far away set on fire and I set everything that I could see 180 degrees on fire, pretty sure I was eating Taco Bell too. So this disproved my theory of things connected to me and things not connected to me, right? Wrong, why aren’t you paying attention? This isn’t really about things connected to me, teleporting, or fire. It is about perspective.

Perspective

1. **the art of representing three-dimensional objects on a two-dimensional surface so as to give the right impression of their height, width, depth, and position in relation to each other.** "the theory and practice of perspective"
2. **A particular attitude towards or way of regarding something; a point of view.** So, first thing you can see here is that I changed my perspective and instead of giving the right impressions of their height, width, depth, and position in relation to each other, I gave them whatever relation I wanted to fulfil my purpose, and thus created a relationship between two things that didn’t actually connect anywhere except in my mind. OF COURSE THIS WORKED! LDing is in your mind. I talked recently about perspective with someone else, about how it can be bent and changed to your will in dreaming. I can look up at the ceiling and set my foot down. Perspective changed. I didn’t need to change gravity or anything, I just changed the way I viewed up and down. Now, I also had the perspective that I was good at moving fire because I had been in the past and that all fire based attacks should be linked. This isn’t necessarily true, but my mind had connected things. If two things are connected in the mind, it doesn’t matter if they are connected anywhere else while LDing. It usually has to make some “logical sense” but we are talking about pyrokinesis here, so not a whole lot of sense. I looked through all of my control threads and ideas. Holy Crap, I saw it through all of them. Different ideas linked that made things easier or harder in the past because of the connection. I shall post some of them here.

[QUOTE:

Universe Control

Going to a certain universe (or person, place, or thing) in order to accomplish a task. In order to use fire, I am going to say I want to go to Aang (from Avatar the Last Airbender). The reason that he is a good one is that he has 5 different powers (fire, air, water, earth, and spirit), so it would be a good idea to continue visiting him for different elements or a good meditation session. The idea for this is just to remember a time that you used fire. It is one of the most common uses of control, though few realize that they are doing it. They do it the same way that they did last time. If they did it with a flame thrower, they go for flame thrower, if they did walk control, they do walk control. If they learned it from Aang, then they remember his teachings and continue. It is usually quite easy to do things that you have done in the past since you remember doing it!

So you discovered a new type of power. Maybe you learned to throw fireballs. Maybe you got this awesome killer gaze. (I'm just saying.)

You wouldn't want to start at level 1 again, now would you? So when you acquire a new ability, you have to make it permanent. It's sort of like a scar, once you get it, you learn to live with it. When you learn a new ability, you have to consider it as 'permanent', like something likely to stay on you forever. Get used to having it all the time, and you will have it in each of the following dreams. Max

If you are in a place that you find control hard to do, pick something, anything, and say “This stupid lamp is stopping me from controlling my dreams!” and break that lamp, now tada! You can use your control again!]

Do you see the connection here? Connections!!! A connection to a universe, a connection to a memory, a connection to a thing, a connection to the dream, a connection to a certain type of dream. This is extremely important, so I hope you get this point. **This is schema.** In psychology and cognitive science, a schema (plural schemata or schemas) describes a pattern of thought or behavior that organizes categories of information and the relationships among them. Many have, in the past, said to focus on the core of a schema to get it working. However, I think that if you are not able to do something, focusing on it can make the matter even worse. Fire is an easy example of this, but let’s go to teleporting again.

So I originally did anything that I could to teleport. All the time teleporting, I learned countless ways to do it too, but because they were all under the schema “teleport” I just kept getting better and better. So instead of connecting it with me moving or me not moving, it was connected to the thing that was easiest for me to do it under. So instead of just pulling out random schema, pick a schema that you are good at and connect the new ability to that. Let’s say that you can use fire, but water has always been difficult. If you are just moving fire willy nilly, then connect fire and water under the idea “element” and think that they are the same. If you are moving fire like a firebender would, then maybe it would be best for you to control water like a water bender. These connections can be made and severed instantly! After this, you can just “remember that one time that I moved water” and do it that way. This is also a huge schema for me! The “memory of dream control schema” Even if it is a dream control that I have never done before I can create a fake memory of it happening and now I have a “fake” connection to connect them to!

There are a million aspects to this, but let me know what you think. It is basically keeping an ever fluid idea of how dream control works and just switching over and over to different things depending on the situation. I also still highly believe in active or passive as big schema to connect to and fun ways for dream control. Let me know what you think!



Name

I recently had a DC tell me that I needed to name my abilities, because this will make them easier and more powerful. I immediately thought “Okay DC version of my wife that was raised by Japanese people” and then I thought “This might be a really good way to ‘save’ a dream control.” I also realized that Zōdra is all really connected to that

one schema “Zödra” and since every time I go to sleep I go to Zödra, it was actually becoming closer and closer to synonymous with “dream” and it has seemed to help immensely with becoming lucid. I had created a schema and switched it over. Because of things like this “fire, elements, tk, teleport” and many other words that we use to describe dream aspects are things that can help you to utilize dream control. There is a lot of power in a name! Find out your dream name and use this as a catalyst for LDing and control!

Sivason's classes on Dream Yoga.



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Sivason's Dream Yoga Introduction Thread. Read This First.

Sivason's Dream Yoga Introduction Thread. Read This First.

- **What is Yoga?:** Strictly speaking it is any system where exercise or practice can lead to improvement in that area. It is what we may call a discipline or an art. The modern and deeper concept is that this exercise is of a nature to help bring spiritual awareness in the practitioner.
- **Is this stuff a religion?:** NO! Not in the form I will present it. The authors of many of the reference materials are from eastern religions and cultures. However, the skills that you will learn are just skills and deeper self awareness, they should fit nicely into any members religion. In the advanced topic section, open minded topics may not be some peoples style. If religious and intense topics like astral dreams bother anyone, just skip the particular advanced topic. All other threads will be non offensive to any religion.
- **What is Dream Yoga?:** Any system of training that develops the skills of the yogi (you) while asleep. WILD is an example. This is a Dream Yogi Trance. I am not planning on teaching WILD here. It is a classic Dream Yoga skill, so all of you should also take Sageous' class that focuses on WILD. I will explore other aspects of the dream yoga art. In my mind it should advance your self awareness, and increase your LD skills in the same way exercise improves an athlete. Dream yoga can be simply how you master LDs or you can take it much further into self exploration and deep emotional experiences.

I will offer 3 courses. Each will have a few lessons. You should understand now that this stuff takes a long time to get good at. I will spread the lessons out so that there is time to practice each skill. Here is a break down of how I plan on organizing the Dream Yoga Class:

1) Review of Literature Course: In each lesson I will introduce a text that would be hard for many people to read. Many of the mystical texts and related books on this subject are confusing and dry. The intent of these lessons is that the student receive the important ideas from each text, in a clear and reduced manner. The required home work will be to post in your notebook. I will either have you make any general observation that comes to you, or I will have you comment on a basic related concept. An on going discussion of the ideas each book covers can take place on the lesson thread, as long as it stays to what the individual book has in it. Deeper exploration of most topics will be reserved for the Select Topics Course. Each book will be one lesson, but it will likely be broken up into digestible portions. This material can be heavy. The first lesson will cover "The Tibetan Yogas of Dream and Sleep" and will be divided into about 3 parts. I just received this book from Amazon because at least 6 members said they have it. I think starting with a book many of you already own is the best idea. It was recommended as the easiest to read. Oh my God! I could fall asleep in a few minutes if I was listening to someone read it to me! Do not get me wrong. The author is a Rinpoche, a very powerful and astounding thing. They are a clan of Yogi who can retain their rank and friends lifetime after lifetime. They go out and find the reincarnation of each Rinpoche; the Dali Lama is the head of the Rinpoche. So I respect him as a powerful being. However, he has to write a whole book in a non-native language on a topic that is already hard to explain. The next lessons will cover books that either I will choose or books that I receive a request for. To complete the course the student must complete the home work for at least 3 of the lessons.

2) Basic Understanding Course: In each lesson I will introduce a few basic concepts of Yoga and eastern mystic traditions. The lesson thread may then be used for on going basic questions on each concept. I reserve in depth discussions for the Select Topic Course. The intent of these lessons is for the student to understand all the standard and basic references that are used when discussing this topic. To complete the course, the student will post in their workbooks, for every lesson to date. I will have you post on a general idea or ask for you to relate an idea as you see it in regards to your own life. Lesson #1 will cover Yoga, Mudras, Chakras, and Mantra.

3) Basic Skills Course: Each lesson will teach a yogic skill to the student. Home work will be more intense for this section. You will be expected to practice these skills and comment on your progress. Lesson #1 will be Sensory Awareness Meditation.

4) Select Topics: These lessons will be ongoing group discussions on a wide range of topics. I will explain how to use the information and skills you have learned in the first 3 courses. I will not be releasing any of these lessons at first. I want to see a little commitment by a few students first. I am not that strict, so the first lesson won't be to far off. To complete the lesson the student must have posted on the thread some thing that will convince me to 'like' your post. I do not want posts that are designed to agree with me. I will 'like' any reasonable attempt to express your own thoughts on the topic.

5) Advanced Yoga: If a student has completed most of the homework up to date for each course above, they can participate in these lessons. Lesson #1 will be Kundalini: Part 1. This first lesson will become available after I have had members post in three select topics.

* * *

Book: Tibetan Yogas of Sleep and Dream

This will be broken up into a few parts. Just so everyone knows, this book is not related to the the material I have learned and am teaching. I decided that because many of you have read this book, not only should I read it, but I could use it as a tool for discussion. I intend to remove almost all of the buddhist spiritual concepts, and try to distill the dream related material. I feel one problem with many books is the need the author has of making it 200+ pages long. A lot of filler goes into most books. I will post what I see as the core facts from the book, for those who do not have a copy, then when I am finished, this thread will be opened for discussion on any parts of the book a student may wish explained.

THE TIBETAN YOGAS OF DREAM AND SLEEP

By Tenzin Wangyal Rinpoche. Snow Lion Publications. Ithica, New York

- **Preface:** The author tells about himself. I first must explain what a Rinpoche is; they are high Lamas (Holy men of the Buddhist tradition), who are fbelieved to be reincarnation of the last person who held the post. The Dalai Lama is the head of their order. The Dalai Lama is believed to have held this post for fourteen consecutive life times. The point here is that the rank is very significant some what like a Cardinal (Catholic), therefore we can expect that this book was written with a religious leaning. My job here is to isolate just the dream related topics. The author was recognized as a Rinpoche at age thirteen, when he was taught by oral transmission Zhang Zhung which are the teachings of his sect that deal with dreams. He says it takes three years of study to learn it. He then started teaching this material at age nineteen.
- **Introduction:** I am going to simply paraphrase some of the key points. Many high Lamas have made sleep and dream yogas their primary practices, and through them have attained realization. The main theme in this book is that through this practice we can cultivate a continuity of greater awareness during every moment of our lives. Sounds strangely like basic skills lesson 1, doesn't it? Eventually we develop a continuity of awareness, that allows us to maintain full awareness during dream as well as in waking life. We will also be preparing ourselves to attain liberation in the intermediate state after death.
- **Dream and reality:** The first step of this practice is to recognize the great potential that dreams hold for the spiritual journey. He states normal waking life is as unreal as dreams and in exactly the same way. I actually understand what he means and will attempt to explain it in an advanced lesson.
- **How experience arises:** He explains the term ignorance, it is divided into two types. It is the ignorance of our true nature and the true nature of the world (think Neo before he took the pill). The other type is cultural ignorance, which simply means you have been taught to perceive the world in certain ways (such as certain foods should not be eaten). He explains Dualism; he perception that we are separate from our environment. These Buddhists believe that in the true nature nothing is separate. Basically picture the Matrix with everyone inside experiencing Dualism when in truth none of the objects are real and it is all part of the same program. He explains Karma and Karma traces. Karma is the actual actions that you have taken while Karma traces are the effects that it leaves on your psychology. Note that Karma may also include things that have happened to you. In the example of a soldier the Karma would be the actual battlefield experience and the Karma traces would be the PTSD that is created. He does not really explain much about how experience arises other than the general concept that you will respond to situations based on what you have experienced in the past. It is really just standard psychology.
- **Karma Traces and Dream:** He states that dream yoga can be used to deal with Karma in two ways. The first is though observation of dreams in a no dual state (third person). Dreams will be influenced by your existing Karmic traces, in the example of the soldier: battlefield dreams and so [on.you](#) can observe the dream in third person and learn not to respond to the stimuli emotionally. By doing this you will eventually prevent the dream from evolving into more negative things. It is necessary to remove the influence of Karmic traces from your dreams in order to reach rigpa- clear light of the mind. The easiest way to picture what he is talking about would be the white room in the Matrix except you are disembodied. The second method is through first person interaction in the dreams in which we learn to control our reactions. He believes if you can eliminate the influence of Karmic traces then you can create a dream state with no stimuli, this is a disembodied state where no dream imagery arises yet you are in a full L.D. He attaches high religious significance to this state believing this to be the fundamental nature of absolute reality. I do not attach much spiritual significance to this state myself. Reaching this state is a necessary part of the practice but I use it exactly like they did in the Matrix and will be teaching how to do this in a select lesson.
- **Six Relms:** In this section he describes six relms. They are Gods, Demi-Gods, humans, animals, hungry ghosts, and hell beings, I did not find this section to be of much practical use. Each of the relms is supposed to be related to one of the six major chakras. In my experience, there are alternative relms that can be reached through the dream state and I have seen some that may fall into these broad categorizations. However, I only found a single useful piece of information in this section. He claims that by focusing attention into one of the chakras while in the dream state one can somehow enter the relm attached to that chakra. This is news to me, and I am not certain it is true.
- **Energy Body:** He gives a brief introduction to the concept of chakras but little specific instruction. The energy is divided into three root channels, six major chakra are located on and in them. three hundred and sixty smaller channels branch from the chakras. he activates his chakras by manipulating the root energy channels. He claims that men and women's energy channels are arranged opposite, therefore men should sleep on their right side during dream practice and women on their left. I have never heard of this and do mine on my back. He uses the term Karmic Prana which is energy that suddenly arises when something triggers a Karmic trace, think of the extreme reaction the soldier may have to a child surprising him with a firecracker. Until we can keep Karmic Prana from arising in dreams we will never be able to have a high level of dream control. I believe what he is saying here is that in order to reach a "white room" environment we must have good enough control over our energy to prevent our own psychological issues from influencing the dream. He teaches a basic breathing meditation that he says balances Prana (energy), it involves breathing in through one nostril and out through the other. He claims women should do this in reverse. This really is just a basic meditation so I do not intend on republishing it here. He explains how the state of your energy body when you fall asleep will impact your dreams. The main idea being that if you are focusing on an unhappiness or frustration subconsciously when you fall asleep those frustrations may arise in your dream. By focusing attention into various chakras while going to sleep can create different characteristics in the dreams that arise that night. For instance: someone wishing a romantic encounter with an old love, may focus on the heart chakra while a horny sixteen year old male may focus much lower. Left to it's own devices the mind's attention will be drawn to whichever chakras currently store Karmic traces, for instance; you are angry when you go to bed, so you dream about punching your boss in the face.
- **Images from the Mother Tantra:** Here he expresses that the process of realizing that you are in a dream is the same process used to realize the illusory nature of waking life. through learning to control one's thoughts we avoid being controlled by our thoughts. The dream relm gives us a opportunity to work with controlling our own thoughts and responses to situations. This will make it easier to understand how our experiences arise in waking life. He gives many comparisons between dreams and things like lightning, echos, and rainbows; but I do not feel it is necessary to list those things here.

This takes us through the end of Part I : The nature of dream. Those of you who own the book may feel I left many things out, but my intention is to streamline the material and stay relevant to this class.

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How Meditation is Used in the Art of Lucid Dreaming.

How Meditation is Used in the Art of Lucid Dreaming.

Meditation is a term for a broad range of practices that develop mental skills and personal awareness. Here are three examples of types of meditations and how they can help you on your lucid dreaming path.

- **Sensory Awareness Meditations:** They are any mental practices where you try to stop the mind from thinking about things that are not taking place in the present moment, and instead truly feel and experience in various senses. By closing your eyes and paying close attention, you come to realize that your brain has been ignoring most of the world around you. The benefit to LDing is that you become keenly aware of how being awake truly feels, and you will then notice when any subtle thing is not right in a dream, thus increasing the effect of a reality check. Also, when in an LD you will have increased the amount of detail your brain can process, which leads to more vivid and life like dreams.
- **Visualization Meditations:** This type of mental exercise involves developing the portion of your brain that is used in reproducing a real life sense in a dream or in meditation. The most straight forward type is called a guided meditation. In these a narrator describes a basic scene and helps you relax and imagine the scene. This is very effective at training the imagination and can lead to truly seeing the scenes described. More advanced visualization meditations involve learning to actively harness the ability to recreate sensory stimuli by intent. Visualization meditations are very useful in LDing as a means of mastering dream control and changing the scene into

- one of your creation. They are also very useful in WILD attempts, as visualizing can take the place of thinking, to keep your mind aware, but not over stimulate your waking mind.
- **Mental Discipline Meditations:** In this type of meditation you learn to keep the mind from wandering. The type of discipline worked on can vary from trying to only think about a single subject or word, to trying to avoid thinking at all. The benefit to LDiing is the ability to eliminate the random aspects of your dream, such as annoying DCs and events you did not consciously choose to create. It is also very important in WILD attempts, as you will be able to stay aware, but avoid thinking about the stresses of your daily life.

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Dream Yoga Basic Skills: Lesson #1

Dream Yoga Basic Skills: Lesson #1: Sensory Awareness Meditation

Welcome to the first lesson of the Dream Yoga class! If you have not done so yet, then please read the intro thread and post there if you are interested. Everyone can now start workbook in this sub-forum and start posting questions and homework there. The workbook name can be creative, but should include your user name and the word yoga. So, here we are at the beginning! Where to go from here? I want to take an approach in which I will assume everyone here, can benefit by going over the basic concepts of everything, as if they were beginners. So, if you are already pretty advanced with meditation and dreaming, please bare with me. We will get to some advanced stuff eventually.

Ok, lesson #1. What do I mean by “Sensory Awareness Meditation”? This is a meditation in which you become hyper-aware of the real physical world around you. They can vary in the methods used, and in fact I will want the students to invent an example on their own. This class of meditation involves developing an awareness for how your brain is always limiting and filtering the sensory stimuli that actually ends up being perceived. Why have I chosen to start with this subject? Often when people first learn about meditation, they are told to hold still and stop thinking. Not only is this instruction vague and hard to follow, it leads to something that is not really very exciting. While training the brain to such a point as being able to suspend thought, is impressive and at some point very useful, it is really not for beginners, as it is very advanced and not very interesting. I want to start with some skills that are fun and easy, yet will quickly start enhancing one’s self awareness and developing new portions of the brain. All animals and humans process the incoming stimuli and pick and choose what stimuli will be part of the conscious experience. This is done all the time and on average only about 5-10% of external stimuli will be perceived. If you think about this, it is a needed coping mechanism. The amount of impulses at any given moment is just too huge to take in. These meditations are designed to bring the student a first hand awareness of how this filter system works. By developing an awareness of how one can increase the amount of stimuli experienced, one can then more easily learn to limit the stimuli, when later trying other meditations.

I will break this meditation into 3 versions, each with increasing steps of difficulty. I would like each student to spend days on each step if needed, before moving on. The first step will be so simple that everyone will have success, but I will add enough steps, that even advanced meditaters may be challenged. You must find a comfortable and some what quiet place to sit. The place does not have to be completely silent, but should be free from screaming children or a television that is loud. I am not strict on how a student should sit or anything like that. For these meditations you can be in any comfortable position, even lying in bed.

Version 1: Listening to a Noisy World.

- **Level 1)** Sit in a some what quiet setting, but not a place free of sound. At first just get comfortable and quickly with no special effort determine if any sounds are already being consciously perceived. Sit and just notice which noises you where aware of before paying attention. Now, with your eyes closed, casually explore each noise starting with the most obvious ones. You may first have been aware of the sounds of children playing, and traffic from a near by street. Listen to any of the obvious ones for a moment. Try to visualize in a casual and light manner, what each sound is. **Now, your only goal in level 1 is to move around your environment not physically, but with your sense of hearing.** You should acknowledge the sounds that were already obvious, then move your awareness of sound around. Try to pick up on the sounds you had not been fully aware of. They will be sounds that are not extremely quiet, and will be easy enough to find. You are simply trying to become aware of the fact that while the sounds were there the whole time, you did not consciously perceive them until you focused. In an average attempt at this meditation I can often identify about 8 sounds my brain was choosing to ignore. Make a list in your head that tells you which noises you had clearly been aware of and any new sounds that you begin to perceive while meditating. You will find that at most times the world is full of sound we are choosing not to hear.
- **Level 2)** Repeat the level 1 meditation, but this time you will attempt to maintain aware focus on as many sounds as you can. Take the most obvious noises and pay attention to them. Think to yourself about what you are hearing, then while continuing to listen add the next most obvious noise. You may experience something strange here. This level is actually much harder! At about the time you are aware and focusing on 4 or 5 noises, and when you are scanning for more noises, your brain will attempt to ignore the first most obvious noises. Do not get frustrated; just watch the process with interest. Do not stress or become intense. This level may be practiced for years. You are learning to force your brain to acknowledge multiple sensory inputs. Try to get to where you can stay relaxed and keep a full awareness of 8 sounds at one time.
- **Level 3)** To complete this version get to a point where you can perform daily actions while maintaining the same level of awareness as level 2. Here is an easy example. While a person is walking, they will almost always blank out the sound of their own feet hitting the ground. In level 3 do something like go for a walk. While your eyes are open and your feet are moving start to go through the process involved in #2 above. You will be surprised on how foreign trying to hear your own foot steps is if you do not allow your focus to be taken off other things. It is not enough to be able to walk and hear your foot falls. You need to be able to walk casually, hear all the standard noises, and maintain awareness of the sounds of your own feet. If you get good at that add in one more item. Listen to all the normal noises, while being aware of the sound of your feet and the sound of the air moving past your ears, or some other subtle noise your body would normally ignore.

Version 2: Feel an Intense World.

I should be able to go over this one quickly as the concepts are the same as above. However this version will deal with the sense of touch.

- **Level 1)** Sit in a quiet setting as above. Now notice the physical sensations that come to you as obvious and that you already were aware of before starting. The normal touch related sensations we are aware of are itching, pain, hunger, cold and those impulses that warn us that we should change our environment. List in your mind all of the most obvious sensations, such as back pain, dry mouth, itchy nose. Now close your eyes, and start noticing the subtle sensations you had not been fully aware of. Notice obvious things at first, like the pressure of your bottom sitting on a surface, then move to subtle things such as being aware that your left sock has slipped down, or that one shoe is tighter than the other. List in your head at least 12 things you were feeling and had not been fully aware of.
- **Level 2)** Repeat level 1, but try to maintain full awareness of as many of these touch related sensations as you can at one time.
- **Level 3)** Repeat level 2, but this time with your eyes open and other distractions to make it more challenging.
- **Level 4)** Lay in bed before sleep and start this meditation. If you fall asleep before you are done that is fine. Start by trying to feel your left foot, then your right foot, and in order, your knees, you hips, your shoulders, elbows hands. Do not move them about in order to feel them. You should be able to feel the bedding or gravity or dry skin at each place. You never really focus on being aware of what each small part of the body is feeling.
- **Level 5)** Repeat level 4 however, you should now work on being able to move through every portion of your body, and perceive the sensations from every small joint and part all the way down to you little toes. Work your way through your entire body starting with the toes. Get to where you can become fully aware of any physical sensory impulse from even the most minor contact with part of your body.

Version 3: Mixing it up.

- **Level 1)** Place a hard candy in your mouth. It should have a strong taste like peppermint or lemon drops. Your goal in this meditation is to maintain awareness of the candy and its flavor. Sit comfortably and close your eyes. You may now day dream or listen, but maintain focus on the flavor of the candy being in your mouth. You are allowed to play with the candy or worry it using your tongue. What you are not allowed to do, is space off paying attention to the candy being in your mouth. Do this long enough to realize why this is difficult. After your taste buds are covered with the flavor for long enough, your brain will try to erase the taste. It always happens during normal life. You basically lose track of the fact that your mouth is covered with a strong flavor.
- **Level 2)** Repeat level 1, but this time you should take the finger nail of your right thumb and gently rub it across the tip of your right middle finger. You will now attempt to maintain full awareness of both sensations. Your body will attempt to erase the subtle feeling caused by your thumb. Stay fully aware of both sensations.
- **Level 3)** Repeat level 2, but this time you will have to be walking while attempting this. Keep fully aware of the candy in your mouth, and the sensation caused by your thumb nail. Here is the big challenge! Do not bite the candy! At levels 1 and 2 you can chew the candy, but to finish level 3 you must maintain full awareness of the candy, the feeling from the thumb nail, while walking, and you must be so aware, that you do not accidentally allow yourself to bite down on the candy. You have succeeded when you can stay aware of both things, while walking, until the candy has completely dissolved.

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Dream Yoga Basic Skills: Lesson 2

Here we are ready for more strange stuff. You have had about two weeks to practice Lesson1, and I hope you all had an interesting time. Last time I had you explore the world of sensory preception. This lesson will teach you to explore your awareness of your mind. Each of these skills should be practiced and an entry about your observations should be posted within 2 weeks. I will again, not be telling you exactly what to expect, or why you are dooing each of these. I want you to discover the secrets for yourself, and post them in your workbook. I will at the end of the 2 weeks, be giving out more "Gold Stars" and acknowledging our best mystics. If a student can figure out why I use each of these skills in my LD yoga, or discovers anything insightful, then I will explain how to use these. I again will not just hand out this knowledge. So, the more students discover and post, the more the whole class will learn. I may toss in some extra knowledge if people get close enough to the mark. For now, just experience each of the meditations, discover fun mentall things, and try to imagine how these skills are related to LDs.

- **Diffuse Vision:** This skill is a little out of place at this point, as most of Lesson 2 is going to be about developing awareness of the mind. This is not just a physical talent, but requires learning a new mental state, so it could kind of fit here. However, I have already taught some of this in a few student workbooks, so I am posting it now. I googled searched this skill to find out how other teachers explained it. The thing is, I could not find any refrences to "Diffuse Vision" except for one. Hmmm, I guess this stuff may be a little more secret than I realized. However, in todays world why shouldn't it be taught to anyone who wants to learn? The one reference to it was that "Diffuse Vision" was a skill used by Zen Warrior Horsemen. It did not tell you how to do it, but just described what they could do with it. So,,, I will attempt to teach you all. I hope I am up to it. Here it goes...
- **Level 1: Simply do not look at any object ahead of you.** This can be done while sitting or walking, but does not work well laying on a bed. Relax your eyes and have the eyes pointed ahead of you. You want to bring your awareness to the edge of your field of vision on either side. A very good way to practice this is when you are a passenger on a vehical. Here is what you are after. You should try to be aware of what is in the edge of both sides of your visual field. You will likely try to look at something directly in front of you, or your eyes will attempt to move towards one side and focus on something over there. Your goal is to hold two objects or moving scenes in your awareness without allowing your eyes to move towards the side. You also want the eyes to be in a relaxed state and not shift to an object in front of you.
- **Level 2: Place an object like a coin, pen, crystal, about half an arms length (you can hold it) directly in front of your eyes.** You are now supposed to look directly at the object for a moment in normal vision. Then relax the eyes. You must learn how to over ride the fine muscles that cause the eyes to focus, as well as the gross muscles that control binocular vision. Diffuse vision does not use binocular focussing. Look at the object, but do not allow your eyes to come into focus on any object. You should look like the vacant faced stoner or an android. The entire portion of your face involved with eyes should relax. You want to be fully aware of the object, but fight the impulse to let your eyes focus on anything using binocular focus. You should attempt to stay unfocused for over 2 minutes. At that point you may start to experience visual distortions. These distortions are used in other mystical skills like aura vision and crystal ball/ reflexion gazing. For now, just notice them. It is not part of this lesson to see the distortions, so do not worry if you do not. Try using diffuse vision on a tile floor that has dark grout lines and you should see distortions and weird stuff within the two minutes.
- **Level 3: Simply combine the first two lessons.** With out employing binocular focus, be aware of the object right in front of you, and an object on either side. Try to understand what mental impulse is trying to make this hard to do. Something in your mental state will fight you and try to force your eyes into focusing on an object or spot. I can not "teach" this part of it. You need to identify what in your mental state keeps forcing you to "look at something" rather than "just seeing something." You may spend years working this out. In the end learn to supress that part of your mind. Learn to not have to comply with the demand, that you do things the way you have always done them before. Mental discipline is the needed thing; develop it.
- **Level 4: The true goal! Use the type of vision you developed in lesson three and attempt to watch a colorful or action packed movie.** I would suggest that your eyes rest off to one side of yhe TV by a few inches. Your goal is to sit and see the show, enjoy the show, and understand what you are seeing, for 10 minutes, without succumbing to the impulse to look at the screen (or anything) using binocular focus. I will be suprised if most people do not find this to be very challenging. I am not pretending these skill I am teaching can be learned in a few weeks. Develop all these skill over the years. For now, post in your workbooks anything you feel is worth commenting on, any cool experiences, or if you think you understand why I want you to learn this.
- **Wandering Mind Recall:** This mental state awareness skill is pretty straight forward. It only has one step. Simply sit comfortably or it can be done during a walk or bike ride. You are going to attempt to keep one thought in your mind. The thought should be something worth repeating. I use the thought "Thank You" or any short positive phrase like "I am going to have a great LD tonight" would work. It could be anything. Now for a period that should increase as you practice, say 2 to 10 minutes, you want to stay aware of you thinking this thought. With the normal mind the way it is, you will probably also think about many other things. If you notice a thought that is not the phrase, do not be upset, just go on and refocus on the thought. Now, when you are done with the time you planned on doing the exercise, try to write down what the thoughts were that distracted you. **Do not attempt to remember them while doing the exercise!** You would then NOT be focusing one the phrase you chose. Try to recall as many distracting thoughts as you can, only after you reach the time you planned on. That is it! Very straight forward. Try to go longer times and see if you can figure out how to reduce the amount of distracting thoughts.
- **Be Here Now:** Follow the same format as "Wandering Mind Recall" but the allowed thought is now going to change. You no longer get the benifit of one clearly defined thought to keep distracting thoughts at bay. This time do not repeat any phrase or mantra. You are allowed to think any thought, as long as it has only an attachment to what is going on this very moment. If you find that a thought is not about the current moment, do not get frustrated, just pick something from "the here and now" to think about.
 - Here is an example of correct thoughts. "My butt is falling asleep,, I should shift my weight or stand up,, there that is better,, now, can I hear anything?,, oh say, that sound is a woodpecker,,"
 - ok, now an example of the thoughts going wrong. "yes it is a woodpecker,, doesn't really sound like old Woody the cartoon,, how did his laugh go?"
 - Ok, so the train of "Be Here Now" thoughts above got derailed by Woody. Now the thoughts should hold no blame or frustration, like so. "Woody is not here and now,, let's see,, a catapillar is crawling across the deck,, I wonder if it is fuzzy,, let's look closer"
- **It is only when the time choosen is up, that you would attempt to recall the non-now thoughts that snuck in.** During the whole exercise practice as much awareness of your surroundings as you can. You are supposed to be discovering how your mind works, and really experiencing the moment, not the past or future.

- **Mantra Awareness:** The idea here is that certain sounds have the ability to create effects in us. An easy way to put this is that we get specific feelings from specific sounds. In this exercise you are not going to learn much about mantras. Instead I just need you to identify the way some sounds make you react. As humans we have identified this and used it in our technology. Think about the "busy signal," it is designed to make you hate the noise, the ringing noise is designed to attract attention but not negative feelings, and on games we know what sounds mean "good job."
- Sit and relax, then become aware of your general state of feeling. Now vocalize an "A" sound. There are at least 3 ways the "A" sound can be modulated to cause emotional response. Think of a mom who finds her child cute and she goes "Awe," that sound is clearly expressive of an emotion. Now, think the child who is told he can not have something, and in disappointment he goes "awe." Finally, think about someone in the thoughts of extacy who calls out "Awe!" Those three versions of the basic sound are drastically different, just by vibrating in slightly different manners. Play with the A sound and try to intone it in a way that resonates. Then explore other basic sounds in various manners. Try to identify any sounds that cause a response in you. You should also start trying to notice what it is about various sounds and music that cause reactions in you. Try to learn how to make basic vowel sounds resonate and feel powerful.
- **Mudra Awareness:** This exercise is a lot like the Mantra Awareness. A Mudra is a hand gesture. The position of your hands effects the flow of energy through your body. It can also effect the way you feel. Common Mudras are the Christian prayer hands, and the waving hand. Sit in a relaxed state and become aware of how you feel in general. You should now take your dominate hand and make a tight fist, then relax it and unfold the pointing finger, and point. Then open your palm and turn it so the palm is up. Now go back to tightening your fist. All three of these gestures should cause a subtle shift in how you feel. As soon as you can detect a difference in how you feel when making those gestures, I want you to explore other hand gestures on your own. Feel free to try either hand or both. Interlock your fingers or anything that seems like a standard way to position your hands. Strive to detect your very subtle reactions to the hand positions, and report in your work book if you make any interesting observations. If you get into a relaxed state like meditation, you will have an easier time finding the subtle difference in feeling I am trying to show you.

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Dream Yoga Intermediate Skill #1: Visualization Training

Hi everyone, Many of you have read this material before. If so, then you have a head start. Some of you are probably suprised I called the basic skills basic! I know this stuff can take months or more to get good at. Here is your first mega-challenge! Visualization training. Do not become frustrated if you seem to stall at even the very first steps involved. The intermediate skills take months of work. I hope everyone, whether posting in work books or just studying on the side, will be able to accept that this is an art and will take a long time to develop. It is an amazing skill, that really makes you start to question.

There are many ways to go about this and I encourage you to come up with a few that suite you through experimentation. I will share my two favorites with you so you can get started. **This will make WILDing and DILDing much, much easier**, I am actually suprised it does not get talked about on this forum too much. What it will do is give you an active way to develop the part of your brain that controls dreams. An activity you can do while awake to furthur your goal other than endless reality checks.

Here is the idea. Take sight for instance. In waking life, light energy in various wave lengths hit the rods and cones in your eye. That causes neurons to fire and the message goes to the brain creating your visual perception. In a dream there is no light energy. Something must stimulate the neurons, but what? 99You are going to learn how to stimulate the visual perception with out light energy. **The untrained mind has only the limited random ability to do this, like in a random dream. You can hone in on the something that fires the neurons and develop it like a muscle, through repeated use.** Every sense can be harnessed the same way. **The sense of touch in waking life is from a object or heat/cold exciting a receptor that then sends a nerve inpulse. In a dream no object is needed. What then is the source of the nerve impulse? Again you can learn to hone in on that something, and develop it.** The end result is that the parts of the brain used in dreaming become highly developed.**

- 1) Visual:** Lay in bed in the dark while fully awake and aware. Close your eyes. It is not really black is it? If you only see black, be patient, most people will start to see tiny specks of color or even blurs and dots of color. Perfectly normal at this point. I have only met one person who could not see some tiny flecks moving around.
- Step one: Just watch them for a couple nights. Become more aware that the colors are there.
 - Step two: Try to cause one color to be more prevelant. Some colors will be more natural for you. If the most common random color is blue, start with blue, and so on. While watching the normal flecks, start thinking about things of that color. For blue maybe day dream about looking into the ocean. For red maybe day dream about looking into a glass of red wine. Watch the visual field as you do this. You should notice that the amount of that color will increase, maybe even appearing as whole sections of the visual field having that color of light shone on them. This may take awhile, or be very easy.
 - Step three: Get to where you can increase the amount of two more colors, and try switching back and forth between them. Now more red, switch to visualizing blue and so on.
 - Step four: Try to cover the entire visual field with mostly one color.
 - Step five: Now picture common geometric shapes. For instance, two crossing lines, or a circle. At first any color randomly, then when you get that, the color you choose.
 - Step six: Get to where you can create a shape of a chosen color on a back ground of a chosen color. After that make up more steps on your own.

- 2) Tactile (touch):** Lay in bed fully awake.
- Step one: Try to feel your fingers without touching them. You are recieving impulses from every part of your body, but filter out most of it. Get to where you can preceive each of the fingers of you right hand with out moving them.
 - Step two: Slowly open and close your right hand. Really pay attention to how it feels. Try to experience it in fine detail. Now stop actually doing the movement. Try to remember how it felt. Go back and forth between doing the movement and trying to recreate the feeling of doing it.
 - Step three: after you can actually clearly picture how the motion should feel, try visualizing each finger moving one at a time. Go back and forth between really moving it and trying to recreate the feeling of moving it.
 - Step four: Now do the same thing, but move your whole arm and hand. A simple waving motion or something like that. Go back and forth between actually making the motion, and trying to recreate the feeling. After you get that far, make up other similar moves on your own.

Be patient, some people will be able to do these things in as little as a week, while others may struggle with it for much longer. You are trying to exercise the portion of your brain that creates dreams. No matter how long it takes to get through the two exercises I just listed the whole process is actively developing the needed portion

If you don't see colors, but you can see something like light, start there. The concept is of course to develop these internalized dream senses. I assume every person will start with being better at one thing than another. If seeing color is difficult, but seeing light is easier you could skip color for now and work on making the lights form a circle and so on. When that portion of your brain is sitmulated to develop its self, all other imagery manipulations will be easier. Maybe you work on it for a week and can make some basic shapes or whatever, then go back to color and see if you have developed enough skill to easily start that trick.

When you get good at this stuff it can be practiced anywhere, when you have a queit moment. When you first start you need to try to make up mental tricks that help you picture in your minds eye or imagination the color or shape. I used tricks like day dreaming about colorful scenes or objects. If I wanted green I may picture emeralds of a field of mown grass. Then when I was ready for shapes I would daydream, while passively watching for anything to appear, I would daydream I was looking at a clock face or a ball or the moon, while expecting the shape of a circle to appear. At first the circle would just be a blob but the sides would try to round out, then eventually a round blob, later a image of a circle but so vague I thought maybe it is not really there,,,and eventually, after a few weeks for your brain to remodel and expand in the dream portion, a perfect round image of light floating and trying to swirl and dissolve.

Now for exercise you can try to get a specific shape of a specific color. A green triangle, day dream about a christmas tree. A yellow circle, day dream about the sun,, and so on.

This exercise should be given no less than 3 weeks of time, because when you exercise a new part of the brain it takes at least two weeks for the brain to re-wire the neurons. Make up your own methods as you go. You are developing a new skill and as you practice your brain becomes wired for this. In the end you will not need to daydream or try at all, your brain will have learned to show any basic image you desire. Here is an example of how vivid and controlled you can become once the re-wiring is done. After about 2 years or however long it takes, you can close your eye in a classroom or at work, and in less than 1 minute create a clear glowing triangle or circle of yellow on a red background and switch back and forth with other shapes and colors. This takes time, at that point three or four combinations will be pretty easy, but not everything will work without much effort.

In the end, say 10 years of practice, you can close your eyes and instanly create a clear glowing image of a yellow triangle point down, over a blue triangle point up, on a red background, with vivid colors and well defined images. After 20+ years I can do even weirder stuff with little to no effort. You may get frustrated if nothing happens the first week, but after the second week it should start becoming pretty intense.

How to use Visualization to Help You WILD:

Every one should attempt to initiate the dream. The WILD procedures may end up causing you to not know you are in a lucid dream. **If you focus on the WILD process after you reach SP you may hit a lucid state and not realize it.** When you have reached a place, where you would have to focus to move your hand you are in the first state of SP; you could move but not with out mental effort. **Don't worry about SP after that.** Begin at that point just start pretending you are in a lucid dream. **You need to initiate the dream! Not just hope for it to happen. You may have been all the way to a begining of a LD, but not realized it because you are waiting for something visual to happen.**

I use these tricks to enter WILDs. After I reach SP I start to create the beginning of a dream whether my brain is ready or not. Commonly I hit SP then uses my tactile sense to create a feeling of my arm moving. Then I use visual skills to create two intersecting glowing lines with a thick end to represent looking down at my arm and hand. **I try to synchronize both senses, so that I get a low grade lucid dream of my moving my arm and watching it.** After that is easy, I develop the hand a little and recreate the experience of moving my hand and making basic jestures and can see this in low definition and really feel like I am in a weak LD. If I do this as a WBTB with at least 5 hours sleep, I have amazing luck with my WILDs. Usually at this point I relax and watch for a minute and my brain is happy enough to start a basic LD such as vague images of a room or forest and me having a poorly defined dream body I can explore with. **Then you can walk write into the first stages of REM as soon as it starts.** You must keep thinking about this being a dream. Build up your imagination, try to see something basic, like your hands. If you then get blurs and shadows to move around when you try to look at your hands, you are doing it right.

You are probably in a lucid dream by this state, just a very very mild one. Now, nurse it along slow. Feel yourself walking and look at anything you can picture you may see in a dream. You will now start to see images arising. Don't break it by getting excited. WILDs take patients. You are hopefully less aware of your body now, but may still be thinking rationally. **Just keep up a simple simulated feeling of walking and any other motion you want while causually watching the field of vision go in the first stages of HH.** As soon as you really feel like you are doing an action and are seeing blurs, you have actually entered a weak LD. Just gently picturing what you should be seeing, like a forest trail. At this point you may suddenly realize you are in an actual dream! Then do all the things you have learned about like your RC and stabilizing.

Have fun.

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Intermediate Skills Lesson #2: Creating Motion

Intermediate Skills Lesson 2: Creating a Feeling of Motion

- **Step 1:** Get good at being aware of each part of your body as learned in basic skills. When you can feel the subtle way each part of your body is receiving impulses, such as the effect of gravity, the fine hairs on your arms reacting to the air, or the feel of your clothing touching each part of your body, you have completed step 1.
- **Step 2:** Sit or lay in meditation. Focus your attention high on your forehead. After you can feel the skin on your forehead at about the hair line, shift your attention to your left ear. After you can feel your left ear, shift your attention to the place where your spine touches your skull. Next shift your attention to the point where your neck and right shoulder touch. Finally shift your attention to the top portion of your breast bone. Stay at this step until it is very easy for you to focus on and actually feel these five points.
- **Step 3:** At this stage repeat the process, but this time you should feel as if your attention is like a cursor you can drag fluidly using a mouse and your body is the screen. Do not literally picture a computer or cursor, but that is how I am going to describe the idea. You should drag your attention across the surface of your skin as it moves from each point of focus. You should do this slowly and be sure you can move your attention through the entire circuit fluidly.
- **Step 4:** Repeat the cycle in a loop, but do not connect the last point with the first. Fluidly move from forehead, to left ear, to base of skull, to the place the shoulder meets neck, to upper breast bone. Then jump your attention back to your forehead and repeat. While sitting gently sway your body in the direction of the point of focus. You should time the sense of touch in an area to you leaning veery slightly in that direction. You should add a couple more points at this point. Pick a spot that is lower than the last and in the correct direction of the circuit. Left armpit, middle of back right side where the ribs end, belly button will work. Extend the circuit to include these points. When you reach the belly button, jump your attention back up to your forehead. You should be swaying in time with the rotation of your focus. Viewed from above your head and shoulders should be going around in a continuous circle.
- **Step 5:** This is the final step in the intermediate skill level of this. After you have got good at timing the swaying of your upper body with the progressively moving point of attention, you should stop actually moving your body and using the visualization skill learned in the last lesson, attempt to recreate the feeling of swaying in a circular pattern. Now you simply drag the point of attention to each point as rapidly as you feel comfortable with and visualize the sensation of swaying.

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Intermediate Skills Lesson #3: Energy Flow Simulation

Intermediate Skills Lesson 3: Energy Flow Simulation

In this lesson please regard this as simulating an experience through mental visualization and tactile manipulation. This is in fact a lesson that could be considered super-natural training if looked at incorrectly. For the purpose of this class, all training in questionable material will be conducted in the Select Topics. I will teach you to be able to create the experience of energy flowing through your body. **In the context of this lesson we will view this as tactile manipulation and visualization. If your religious views do not allow mystical pursuits do not worry at all.** While this could be used in a mystical system to teach students the first stage of energy work, that

is not what we are doing here. **Feel at ease in that this lesson is simply teaching a visualization trick that will be needed in many advanced skills.** You must learn this skill very well so you will be able to do the following advanced dream skills: healing magic, fire balls, TK, lightning and I may even teach a few others. Those interest in actual energy training will want to master this so we can go into energy training in a select lesson, that nobody needs to read if their religion would frown on it.

- **Step 1):** You should already be good at the basic skill where you feel each part of your body. Start by feeling the base of your skull with your attention. You will now repeat the process described in intermediate lesson 2 that involves dragging the point of attention from one point to another. Move your attention to your right shoulder feeling the point of attention as you focus briefly on every point between the base of your skull and that shoulder. Now drag the point of attention down the deltoid, the biceps, the elbow, the upper forearm, lower forearm, and finally the palm of your hand. Get to where you can actually focus in on and feel each point along the way easily.
- **Step 2):** Move your attention from point to point as smoothly and quickly as you can. You are attempting to create the sensation of something moving from the base of your neck to the palm of your hand by mental trickery. You should be able to actually feel each spot using basic skill learned before. Then by rapidly shifting attention in a sequence it should trick your mind into feeling as if something moved along that path of points.
- **Step 3):** To be done each day in the shower. Stand facing away from the shower head and allow mildly warm water to spray into the base of your skull. Shift just as needed to cause some of the water to run down your right arm. Keep your arm out a few inches from the side of your body and slightly bent at the elbow. Your elbow should be turned slightly outward and your hand open and relaxed. Now while the water flows down your arm and drips off your fingertips repeat step 2. You should be able to use the sensation of the water mixed with step 2 to reinforce the feeling that you are moving energy down your arm. You need to do this often enough to be able to almost recreate the same feeling without the aid of the shower water.
- **Step 4):** Go outside or in front of a window where heat from the sun can shine directly on to your body. Stand with the sun’s warmth shining on the back of your head and neck. By this point you should be able to recreate a feeling almost like what the shower causes. Enjoy the warmth of the sun for a minute, then begin the process of shifting attention from one spot to another down your arm. Try to convince yourself that you are actually feeling the warmth of the sun on each point you focus on. The end result should be the ability to feel as if the sun is doing the same thing the shower head did. You should be able to almost feel sunlight warmth flow down your arm and drip from your fingers.
- **Step 5):** Using the memory of how step 4 feels, practice recreating the feeling, without being in the sun. You move your attention swiftly down your arm and feel as if a warmth from sun light has moved from your neck into the palm of your hand.

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Advanced Skill #1: Suppressing Emerging Thoughts.

This is perhaps one of the most advanced of yogic activities. In my own opinion it is far harder than anything I have presented so far. It is often the stated goal of many schools of meditation. The truth is that even after decades of practice I have a long way to go to suppress all thought for more than a minute or so.

The good news is that you do not need to master this skill to use it in lucid dreaming! If you get good at the basic concepts involved it will greatly improve your control over the random elements of your LD.

Advanced Skill #1: Suppressing Emerging Thoughts.

The way it works requires understanding why random crazy things take place in your dreams. In a normal (not shared/astral) dream, every element comes from thoughts you have had. You do not have acute enough awareness to detect the thoughts without training, in most cases. The thoughts can be subtle doubts you have in your ability, wandering thoughts about movies you have seen, or random crazy nonsense. When you are dreaming any random thought can derail the course you wish to set, manifesting into any number of stumbling blocks. Any doubt you allow to be expressed as thought can prevent you from using super powers.

The purpose in this lesson is first to develop the ability to detect a forming thought before it can take place as internal monologue. Then to give you tools you can use to suppress emerging thoughts. After getting some skill at this while awake, you will then be able to use the skill in an LD to prevent DCs from appearing or interacting with you, and prevent random plot twists and events. You will likely sometimes choose to allow the dream to be random for self-reflection or entertainment value. However, if you are attempting to practice a skill or complete a task, it is important to prevent the random elements from derailing the flow of the dream.

The actual lesson is pretty short; the path to achieving the goal is a many year journey, but you are all planning on lucid dreaming the rest of your life, aren’t you. If you get good at suppressing emerging thoughts, then you will be able to increase your control by many degrees. Here is a portion of one of my recent lucids where I was able to use this ability twice, and as you will see, a great deal of my control stems from using this skill.

I decided to play with a female DC. I was not feeling sexual, but to accomplish a quick and pleasant dream control task, this seemed like a reasonable task. I flew up alongside a sky scraper and knew there would be people inside. I saw into an office and focused on a DC that was a woman at a desk. Not especially pretty, but that is easy to change. I phased through the side of the building into a hall/stairwell and then walked into the office. The DCs had little animation and were almost just my puppets, but that was ok (I was preventing them from interacting with this skill). I went to the woman and gently placed my hands on her sides and encouraged her to stand. She responded to light pressure from my hands and walked with me back out into the hall. My brain tried to spice things up by placing two male coworkers there who would have tried to stop me. I saw the formation of the idea, and used mental control to prevent the thought from developing. The DCs just froze into scenery. I took the woman out onto a balcony and tried to take her flying. I floated out between the buildings with her, but my mind tried to tell me levitation is harder if you carry someone. We started to float downward. I suppressed that thought and up we went again, but I decided just to land on the next building.

- **Step 1:** Become familiar with how quickly thoughts form. Sit and watch the hands of a clock. You will do this only 15 seconds at a time. Try to avoid any thoughts by saying the number corresponding to the second hand in your head. It is unlikely that while awake you will make it to 15 without a thought forming. Work on this until you can get from 1 to 15 with only a single interrupting thought. You must stop thinking about whatever the thought is, as quickly as possible by focusing on the next number. You will notice that despite using your inner monologue to count, you still can form thoughts. In this part of the lesson I simply want you to experience how quickly you get interrupted by a random thought and increase the speed with which you can suppress that thought by focusing on the clock and the next number. You can move on as soon as you can only have 1 random thought in the 15 seconds and refocus on the clock before the 15 seconds expires. You may still attempt the next steps before you achieve that goal, but also keep working on this until the goal is met. You may need to almost yell the next number inside your head at first to over-ride the random thought. If you can stay focused on the counting and avoid thinking at all for the whole 15 seconds, then give yourself a hand. Even 15 seconds without thinking, while using the crutch of counting, is a great accomplishment.
- **Step 2:** Spend a couple minutes doing the “Be here now” meditation. It is described in an earlier lesson. Simply interrupt any random thought that does not apply to things you are experiencing with your sensory awareness, by using your internal voice to narrate what you are seeing or experiencing. If you start to think about your job, then force your mind into describing or commenting on something taking place at the moment.
 - It will go kind of like this (I will underline the thoughts that are to be avoided),,, “I really need to get new shoes”.... Interrupt with “These shoes are worn out. The laces are almost broken. I probably should get some boots.” Interrupt this with, “I see little fibers sticking out where the laces are frayed.:”
 - In this step you are spending time seeing how quickly you can identify a thought that is random. You should work on being able to distinguish the first hint of an off topic thought, and then interrupt the formation of the thought. In the case of the thought "I probably should get some boots" some process will have led to that thought. It may have been a flash of memory about stepping in mud, or an image forming in the mind's eye of a boot. The image of the boot is one step before the formation of the thought, but the recognition of a flash of memory would have been even before the image. Note that this is taking place in fractions of a second.

- Here is a very important thing to clarify. **You must get to the point when you recognize that a thought is forming while it is still subtle imagery somewhere in your mind’s eye, before it becomes internal speech.** You can do this with practice. All thoughts have a moment when they are emerging, yet have not reached the stage of being fully expressed as language internally. Step 2 should be practiced as long as it takes (months even) for you to start recognizing the very earliest part of your brains workings that lead to a formed thought.

Do steps 3-5 in a meditation state or while falling asleep, until you have developed confidence, then try them while external stimuli is happening (such as riding the bus.)

- **Step 3:** Repeat a simple mantra that has a basic meaning to you inside your head. I often use the phrase “Thank You” or “I am dreaming.” Attempt to stay focused on the mantra. If a thought forms, see how quickly you can interrupt it by refocusing on the mantra.
- **Step 4:** Take away the advantage of suppressing a thought with a concept. Sit and try not to think at all. When a thought arises, attempt to interrupt it with a non-sense sound in your internal voice. Use a sound that is completely meaningless to you. Examples are the sound of your tongue clicking, the sound of a single letter such a ‘s’ or ‘p.’ Any sound can work as long as it has virtually no meaning to you.

Remember that in the end you cannot stop thinking, by thinking about it!

- **Step 5:** Remove the advantage of using your internal voice to interrupt the emerging thoughts. Do this by learning any of the intermediate lessons and using a simulated sensory experience instead of your internal voice. If you can get to a point where you can simulate motion or the flow of energy, it can be used to suppress the forming thoughts. I can create a sense of pressure gently pushing from the inside of my head out. When a thought attempts to form I can use the sensory experience of gently applying pressure to the portion of the brain that seems to contain the bud of the thought. Another method would be using the simulation of energy flow. You can pulse energy out your palm to cause enough sensory experience to interrupt the formation of the thought.
 - Step 5 is very advanced and may take decades to perfect. I do believe some yogi or monks may be able to reach a step beyond suppression of thought. Perhaps they can reach a point where they just shut down the process that forms thought. However, I have never met anyone who claims to be at that level, and considering it has taken me 30 years to get kind of good at level 5, it is likely beyond attainment for most people.

Do not worry about reaching any given skill level. Just reaching a point where you can witness the earliest stage of thought formation will allow you to avoid irritating DCs and random events more often than not.

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Advanced Skill #2: Immunity to Shock

This is going to be a very short lesson. The idea is simple, but the practice is going to be more than some of you will be willing to endure. It is the kind of thing most Yogi will master in the first few years.

Here is the idea. One of the ways people loose lucidity is a reaction, often refered to as getting too excited. Your brain catches on to the fact that you are in a dream and the body responds with adernaline. It amps up the body and you are suddenly awake. Also, if you make it past that, and get lucid, you can still have an adernaline reaction to things in the dream. This causes the dream to be confusing and adds things like a rush of fear or worry, that can spoil the mood. How to prevent it? That is what this lesson is for. The need is to learn to control your adernal response and overcome the 'normal' way of reacting to stress. **Any of you who are fighters (boxing, mma, and such) or who have had basic training in an army setting, will have learned this by now.** For those who still need to develop the ability to suppress adernaline and change our response to sudden suprise I will just suggest a couple ideas. use them, or make up other ways of reaching the same goal.

Try this one if you want the fast track to the skill. Learn to not react at all to sudden cold water. You do not want to be the one who inches into the pool. You want to be able to keep talking in a calm voice and show no discomfort walking swiftly into the pool. Here are the steps I took to get there:

- 1: In the shower slowly adjust the water to cold. Build up over a few days. Just go until your body flinchs or your brain reaccts with a sudden powerful impulse to pull away or stop.
- 2: Speed up how fast you can adjust the temp to cold with out such reaction.
- 3: Run the warm water over the crown of your head, when you feel ready. Suddenly shut off all of the hot water at one time. Try to breath normal. Go ahead and make silly whooping noises, or any reaction that helps, such as stamping your feet. You need only endure this for a few seconds.
- 4: Repeat 3, but try not to react. Do not move on to 5 until you can turn the water to pure cold all at one time, stay calm with out flinching long enough for the cold water to rinse any warmth off you head and neck.
- 5: Develop the skill so that you can then calmly allow the stream to hit your back and slowly down your spine to the bottom.

Do not worry about subjecting yourself to even a few minutes of cold! The point here is not to develop endurance or any toughness. The goal is a retraining of how you respond. This must be repeated for about a month, at least 3 times a week. By that point your brain should be adapting. I will just give one more example. I think the idea is more important than how you do it.

In the second example, I have used sudden loud or unpleasent sounds as training. Does the sound of nails on a chalk board create a bodily reaction from you? Train yourself to get over it. Can you turn your back and have a friend do something very sudden and loud with out you flinching? Learn to stay calm when guns are fired or fireworks go off behind you suddenly. this is not something i can really teach from far away, but I hope you get the idea.

The whole idea is to train yourself to not flinch or over react to sudden intense stimuli. Train your body not to produce large rushes of adernaline when suprised or shocked and you will no longer loose lucids to excitement or shock. You will also not have the feeling and mood of your dream redirected due to your body producing chemicals as a response to exciting events.

* * *

Lucid Day Dream Technique

Let me tell you about something you can do that is very cool. Did you know you can activate the portion of your brain that creates dreams while your are still awake? I always called this a dream trance while studying dream yoga, but I like the term lucid day dream more. For those of you who do not know, you can learn to visualize most of your senses to a point where you can actually perceive the thing you are visualizing to some degree. Look through the Dream Yoga course and read about visualization skills and creating a sense of motion. When you have developed these skills you also enhance the portion of your brain that can create dream imagery. What you are wanting to do is sit comfortably and focus on some internal imagery you have gotten good at. One that works very well is feeling energy flow which you can learn in one of the lessons. For me

I do kundalini which is a energy manipulation involving feeling energy move through you It is possible to simply feel energy because you are good at visualization or if wanted expand this into actually controlling energy. I do not discuss kundalini openly in this class, but in terms of raw visualization I will feel energy course up my spine and then spread out into angel wings. I then feel them spread and slowly fan the air. Much simpler internal visualizations will work, so as soon as you can do any of the basic ones you can try this Lucid Day Dream technique.

What you are going to do is use the lesson suppressing emerging thought to ignore the world around you. Basically keep your mind internal and not thinking about stuff that is external. You sit comfortably and start visualizing something like a triangle, which if you have practiced you should get some degree of mild imagery, or you do a tactile visualization such as trying to feel an imaginary hand move, or as stated above visualize energy flow. What you are doing is getting the brain to actually be interested in what it is experiencing when it looks internally. If you succeed at this stuff you will start to have almost no focus on your real body or surroundings. As you relax into this internal world of visualization you start to allow yourself to imagine something simple such as walking down a street. If you are advancing in your skills you should actually kind of feel as if you are in a dream and walking despite the limited visuals. When you have reached such a point you simply start to daydream. By daydream I mean allow your inner fanciful self to imagine things. Imagine you have walked down to the river perhaps. Imagine you see some birds. If you do this correctly visuals will start to form "in your minds eye." By this I mean much more than simply imagining but a clear step down from a dream in full REM. You can get quiet caught up in an internal fantasy where you do have dream like experiences such as feeling yourself flying and seeing vague images that add to the experience. The visuals, with practice can reach the level of simple animation. The tactile sense of action and motion can be fairly impressive, and if you go deep enough the day dream may even take on a life of its own creating random events for you to react to.

This state can be as good as a lucid dream with the exception of the graphics being only about 20% of what a REM dream can create. You can use this state to learn dream control skills and in fact the very act of doing these Lucid Daydreams will increase your ability to use dream control with in a true lucid dream. You can in fact forget all about the world around you but in a sense you are still awake. You can stay upright for instance and if someone tries to get your attention you will hear them.

"The Nature of Dream Control" by The Cusp (Part 1)

I believe there are but two simple rules that govern and dictate the shape every single aspect of dreaming. I believe this holds the key to the true nature of dream control, and that understanding it leads to much more frequent lucid dreams as well.

I'm also beginning to suspect that this rule applies to the waking world as well, and that the dream control skills mastered through understanding of this concept can be used to influence the waking world. I expect this to be demonstratable, not as a physical proof, but as something that can be experienced.

1. Everything in your dreams requires your attention to exist.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

It sounds overly simple, but the implications are infinitely complex. Every single dream unfolds according to those two rules without exception. This isn't anything new, but something you've been doing all along without being aware of it. It may not be clear at first, but like one of those hidden pictures you have to look at cross eyed, it eventually jumps out at you. You just have to learn how to see it.

I have a lot to say on this subject, and hardly know where to begin. I'll be making a series of posts where I try to expand on various aspects and applications, many of which may have small exercises, tasks or questions. I'll of course try to answer any questions in the meantime. Either this will completely change the way you dream, or I'm completely nuts. I'm anxious to find out which, so feedback and participation will be greatly appreciated.

I want to note that strong emotions have an overwhelming role in shaping dreams, much like a colored lens. Emotions are still something you pay attention to, but their effects are so dramatic I feel they deserve a special mention.

1. Everything in your dreams requires your attention to exist.

While this may seem obvious, it's still one of the most basic principles of dreaming. The only things that exist in a dream are things that you are aware of. It's not complete world that you wander around in and explore. As soon as you stop paying attention to something and forget about it, it ceases to exist. If you are in a closed room and can't see the outside, then the outside doesn't exist. When you open to door to go outside, it could lead anywhere, into space or hell or the city of the mole people.

The point is, nothing exists in your dreams until you become aware of it. Much like Schrodinger's Cat. http://en.wikipedia.org/wiki/Schr%C3%B6dinger's_cat

This can be a useful tool I've used effectively in the past to deal enemies while lucid. If you don't pay something any attention, it will cease to exist. Kind of like when your parents told you as a kid to just ignore whoever is bothering you (I hate it when they're right!). The skill to be learned here is to learn what things you pay attention to. Ask different people who walked down the same street what they saw, and a bird watcher would tell you about the rare wood pecker he saw, a child would tell you about the playground they passed, your wife would tell you about those shoes on sale, and I would tell you about that girl in the short skirt. What are the things that captivate your attention, and how do these things make you feel? How do they affect your life?

Some things you pay attention to are beneficial, and some are detrimental. If you are prone to only noticing the bad in people, then interacting with people is going to be a pain in the ass. If you focus more on the good in people, then it can be a rewarding experience. You have to learn to selectively ignore the things that don't do you any good, and focus on those things that accomplish your goals. During a dream, the effects of doing so are quite drastic, but practicing this while awake will have echoed results in your dreams, as well as be beneficial to you on several levels in RL.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

The first rule determines the content of your dreams, this one determines how much of that content is going to be in you dreams. The key to using this rule to your advantage is balance. Too much attention can pull you in like a black hole, creating a universe of detail which can also captivate your attention, further aggravating the situation. On the other hand, if you don't pay elements in your dreams enough attention, they become unstable in accordance with the first rule of dreaming, that things need your attention to exist.

There are many "traps" in dreaming that capture your attention, distracting you with unnecessary detail. A good example is a tooth dream. You notice something wrong with your teeth, take a closer look, and then find more things wrong with them the more you look. This is something you don't want to get trapped in, but this kind of extreme can be used to your advantage. By focusing more on the positive and useful elements you will overwrite the dream scene with new detail. The degree of change depends on what you focus on (first rule) and how much you focus (second rule).

Let's take a closer look at the second half of this rule now. The more attention you give to one element, the more detail it creates in relation to what you are focused on. Initially I thought there would be a great many things vying for your attention which had a culmulative effect on shaping the dream. But in practice there were very few main elements, and the links between them were very straightforward. The detail that arises from your increased attention or focus is formed by mental associations in your mind in relation to the element of your focus. These mental associations can take many forms, some direct, some abstract, like associated memories tied to a place or object. But this doesn't mean you have to settle for random associations. There are always unlimited ways to zoom your focus, even when there are relatively few elements to choose from.

Say you were to focus on a physical object. You could focus on what it is, what it's used for. You could focus on it's age, history, previous owner. You could focus on it's texture or what it's made of. Or you could use it to reach related memories, perhaps ones with useful elements you could use or expand on. Try each of those perspectives while experiencing strong emotions and you can tweak the flavor of your dream even further. Each of these approaches to the same element will yield different yet reliably predictable results.

A Deeper Look at the Effect of Emotions

Again, I feel emotions deserve a special mention. I'm assuming for the moment that emotions are something that require your attention to exist as well. But I'm not too sure about that at all, and the emotional influence may turn out a third rule. Anyone have any thoughts on weather emotions are something that require your attention to exist, or whether they they are independent entities?

Emotions are like a filter or like a color lens. Each emotion shapes your dreams in predictable ways, affecting both your surroundings and the behavior of DCs. Anger will cause harsh colors and sharp angles, and my cause DCs to fight or fear you. The effects of fear are obvious, painfully so in dreams. Both this Emotional technique and the the Attention technique can be used independently, or in combination with each other. Sometimes it may be better to use one technique over the other. The emotional technique won't change the physical elements as drastically as the Attention technique, but will change the look, feel and mood of the dream, as well as influence DC behavior.

By practicing this you will begin to notice that DCs are puppets and you are the puppet master, only your emotions are the strings. You can influence the way DCs act, and the types of things they say, but not what they say. It's interesting to note that people in RL react the same way in the presence of strong emotions as do DCs. After the confidence and practice gained from using this in dreams, it would stand to reason that this could be used to influence people in RL as well. It seems people do this all the time anyways, but very clumsily for the most part. You must be capable of being able to summon up any emotion at will, and not let the ones that arise naturally to rule you. The benefits of positive emotions are obvious, but even the so called negative emotions have their uses. Anger can often make thing go your way. Even fear could be used to lure someone close, then you switch to a confident rage. But you would have to actually feel the fear, not feign it. And always make sure you are in control of the emotions, not the other way around.

Strong emotions are best as well. So strong they radiate out from you, or perhaps vibrate would be a more appropriate term. I think this part ties into Aquanina's work with High Vibrational Frequency. This can be practiced in dreams, or in RL like a reality check. As with the previous parts, these things become more apparent in RL after you become accustomed to seeing the dramatic effect they have in dreams.

Schemas and AI

I was going to expand on Archetypes, Schemas, and Artificial Intelligence to try to give a better understanding of the types of associations that are made when new detail is formed as a result of your attention. But it turn out Archetypes are a type of Schema, along with stereotypes, social roles, and worldviews. Of particular interest inception of the Schema concept.

The following article is from the Wikipedia entry on Schemas.

The original concept of schemata is linked with that of reconstructive memory as proposed and demonstrated in a series of experiments by Bartlett (1932). By presenting participants with information that was unfamiliar to their cultural backgrounds and expectations and then monitoring how they recalled these different items of information (stories, etc.), Bartlett was able to establish that individuals' existing schemata and stereotypes influence not only how they interpret 'schema-foreign' new information but also how they recall the information over time. One of his most famous investigations involved asking participants to read a Native American folk tale, "The War of the Ghosts," and recall it several times up to a year later. All the participants transformed the details of the story in such a way that it reflected their cultural norms and expectations, i.e. in line with their schemata. The factors that influenced their recall were:

- 1.Omission of information that was considered irrelevant to a participant;*
- 2.Transformation of some of the detail, or of the order in which events etc were recalled; a shift of focus and emphasis in terms of what was considered the most important aspects of the tale;*
- 3.Rationalisation: details and aspects of the tale that would not make sense would be 'padded out' and explained in an attempt to render them comprehensible to the individual in question;*
- 4.Cultural shifts: The content and the style of the story were altered in order to appear more coherent and appropriate in terms of the cultural background of the participant.*

Bartlett's work was crucially important in demonstrating that long-term memories are neither fixed nor immutable but are constantly being adjusted as our schemata evolve with experience. In a sense it supports the existentialist view that we construct our past and present in a constant process of narrative/discursive adjustment, and that much of what we 'remember' is actually confabulated (adjusted and rationalised) narrative that allows us to think of our past as a continuous and coherent string of events, even though it is probable that large sections of our memory (both episodic and semantic) are irretrievable to our conscious memory at any given time.

Further work on the concept of schemas was conducted by Brewer and Treyens (1981) who demonstrated that the schema-driven expectation of the presence of an object was sometimes sufficient to trigger its erroneous recollection. An experiment was conducted where participants were requested to wait in a room identified as an academic's study and were later asked about the room's contents. A number of the participants recalled having seen books in the study whereas none were present. Brewer and Treyens concluded that the participants' expectations that books are present in academics' studies were enough to prevent their accurate recollection of the scenes.

For starters, lets look at the factors that influenced recall.

Omission of information.

First rule, without your attention, things can't exist

Transformation of some of the detail; a shift of focus and emphasis in terms of what was considered the most important aspects of the tale;

Again, a combination of the first and second rule, and your most powerful tool in dream control.

Rationalisation: details and aspects of the tale that would not make sense would be 'padded out' and explained in an attempt to render them comprehensible to the individual in question;

Second rule, attention creates detail.

Cultural shifts: The content and the style of the story were altered in order to appear more coherent and appropriate in terms of the cultural background of the participant.

This sounds like the effect emotions have on dreams. Is it possible different cultures have an identifying emotional state?

These factors responsible for flaws inconsistencies in long term memory just happen to be the tools of dream control! The links to memory make me wonder if dreams are really dynamic memories kept alive by our attention.

And now for an Artificial Intelligence approach. A binary yes or no system may be easier to picture than fancy notions like Schemata.

Consider training an artificial neural network to understand language, starting with a concept like tree. You could manually create links to words like grows, leaves, branches. Alternatively, you expose the network repeated instances of trees until it learns on it's own. Links to words like outside would be formed, but not all instances of trees would necessarily be outside, some may be indoors, so another link to indoors is formed. But the majority of trees being outside, the path to "outside" gets used more and gains weight, becomes more substantial. The more connections or paths your word has, then better the understanding your AI will have. You have to learn to travel those weighted paths or synapses without getting lost within their endless nature.

I would like some feedback on this. I could go on and on, but if nobody cares, I'll keep it to myself.

Q: "You just proved the existence of the "Somebody else's problem" (SEP) fields."

Lol, I used the SEP analogy in relation to this subject elsewhere!

Q: "one thing I've had trouble with is boobs, I like your bad teeth example because that ties in with my problem. when I go to fuck a girl I take off her shirt and her tits are terrible not just small but oddly shaped, the more I'd look at them the worse they would get. I've yet to solve this problem and I think you have the answer but how do I look at the good side with them?"

The way excessive attention works is kind of like tunnel vision. You zoom in and it creates lots of related detail. I've been thinking about how to do the opposite of this, and I think it would be using Peripheral Vision. Instead of focusing one one element, try to take in as much of the scene as possible. I've yet to experiment extensively with this, but if my theory is correct, it using your peripheral vision should keep things more stable. In relation to your boob specific problem, there are many associations in your mind with the concept of "boob". They can be nasty like in you dreams, with associations like oddly shaped, wrinkly, veiny, ect. You could view it in a reproductive role, with associations such as mild, child, reproduction, ect. Or you could go with aesthetic qualities, firm, round, bouncy. Try to follow the links that take you where you want to go without taking any wrong turns.

You could also pay attention to other dream elements that have similar properties as you'd like to see in your boobs. Perhaps ripe fruit, water ballons, or... uh... fluffy pillows?

Try not focusing on things as a whole, but only on selective qualities that you want to amplify.

After a lot experimentation, I have some thoughts on how this works in practice.

There seems to be a more general control, rather than specific control. Say I wanted to summon a monster with 6 arms, 8 eyes, purple fur, hooves and a tail. It most likely wouldn't work. But I could summon a general monster, and then tweak it's characteristics until becomes like I want.

It also seems to work more reliably when you focus on your goal, but not how you accomplish it. First of all, it's really hard to know where to begin to make something happen. When you have infinite possibilities at your disposal, it's hard to pick just one. By focusing on what you want, the "how" will take care of it's self.

Back in the Real World

I've been keeping an eye out for this process in action in the waking world, and I'm beginning to see it happening more and more. I've been a little shy in practicing this type of dream control in RL, mainly because I feel bad about manipulating people like that.

The other day on the bus, this woman had caught me checking out the girls on the bus. Not wanting to seem like a perv, I figured this would be a good time to reset my attention. So I focused in on the first thing I noticed, the yellow hand bars on the bus. Actually I just focused on the color yellow, zooming in my attention like I do in my dream. Immediately the yellow color became 2-3 times brighter than it was originally. After that I began to see bright yellow everywhere, where I hadn't noticed it before. People wearing yellow outside the bus, yellow on the store fronts, just everywhere. There was so much yellow around me, it no longer seemed real, but dream like. It just didn't seem possible that there would be that much yellow around, it was like a tooth dream gone bad, only I was pulled into a sea of yellow!

One application of this kind of dream control over people I don't feel bad about using, is flirting. I've never been much good at that, but now it's a whole new ball game. Things like how to capture and direct a girl's attention are so much easier now. Before it was like playing a game where I didn't know the rules, now it's like a game of Calvin Ball, where I make up the rules as I go along so that things turn out in my favor.

Another application I not sure I should go through with is at work. My partner at work is hard to get along with. He wasn't in yesterday, and I worked with another guy who's partner didn't show. We were both happy to have a break from the people we work with. Now I'm wondering if I shouldn't switch partners. Using this technique, I could make it happen easily with only a few words here and there, without anyone that I was the one that made it happen. But just because I can change something doesn't mean I should. Would things really improve if I went ahead with it? Asking directly to switch partners would cause a lot of tension at work, and the boss probably wouldn't do it just to spite me. But this subtle approach to change is very tempting.

First off, I want to mention an article I came across (which I can't find at the moment) which supports my dreaming/awake link. It said that the dreaming state persists even while awake. So while you dream, you are just dreaming. But while you are awake, you are awake + dreaming. It would suggest dreaming is the totality of existence. Anyone see anything about that? I've had too many beers to find it right now.

Going back to the notion that your dreams are formed by sum of your attention, where you direct your attention while dreaming has a direct influence. But there is also a residual spillover effect from where you direct your attention in the waking world. This spillover can be from the that day's events, or events deep in your past.

Which raises the question "How much can you pay attention to at once?" Or what is the maximum number of things that it is possible to pay attention to? For an indirect, roundabout answer, I'd like to introduce the notion of The MonkeySphere. The following is a very entertaining article on the subject.

It also sheds some light on the behavior of DCs, and how we view them.

http://www.cracked.com/article_14990...keysphere.html

Q: "I'm WAY too lazy to read all that, but I saw the two rules at the top and how you think it might affect real life. In fact, I use this method a lot, and it IS a lot like dream control. If you're intrested in mastering life control, (yeah, not dream control, LIFE control) rent the movie called "The Secret." It explains EVERYTHING. Trust me, it will chande your life! Now don't think I'm crazy, I'm not saying things insta-poof like in dreams, and your still not gonna be able to fly, but just look into it."

OK, I finally watched The Secret. I hadn't before now because I felt I knew what it was about, but I never realized how close it is to my dream theory. A lot of it echoes what I've been trying to say. They beat me to the punch!

Still, I'd like to scratch a little deeper than that, or at least approach it from another angle. In this case dreaming.

*Q: "Sounds interesting...
So, basically what you're saying is
I direct my attention to a guitar. Once I give it my attention, it exists because I'm aware of it...Then I can observe the details of the guitar...
I see a red Fender Stratocaster. It's got six strings, and a mohogany fretboard with sharktooth inlays. 24 frets total, and three humbucking pickups. It's got one volume control, as well as two tone contol knobs on the bottom right side of the body. It's got a whammy bar and a black pick guard
With the description of said guitar, once could assume I covered the basics like:
-color (red)
-Brand (Strat)
-Manufacturer (Fender)
-body type (six-string, 24 frets, mohogany fretboard, sharktooth inlays)
-accessories (whammy bar, volume and tone knobs, pick guard)
So let's say I want a Gibson instead...
Here's where Schemata comes in. A Schema is simply a building block that helps build an image in your mind. So let's take "guitar"
When you think of guitar, what comes to mind?
Amplifiers Players strings manufacturers
-half-stack / -Angus Young / -Earnie Ball / -Fender
-bass amp / -Jimi Page / -DR / -Ibanez
-effects box /-Slash / -D'ajarrio / -Gibson
I wanted a gibson, bit I'm paying attention to a Fender. Using the schemea of "guitar" I can customize my guitar the way I want. I already know what a 'Gibson Les Paul' looks like, so I can change the Fender Strat's shape into that of a Gibson. Now let's say I still wanted the sharktooth inlays on my Gibson...Well, just take the inlays (and, pretty*

much any other desirable feature) and put them on the fretboard of the new guitar you've just made.

My new guitar:

I see a gold Gibson Les Paul. It's got six strings, a mohagany fretboard with sharktooth inlays. 24 frets, and two humbucking pickpus. No whammy bar, no pick guard, and two volume and tone knobs each. Basically, the details of the object of attention are effected by the amount of information you've accumulated within your schema of said object. Does this make sense? Did I understand the subject correctly? Let me know!"

Yes LucidM!nds, I say you've got the gist of it.

Although I don't know how reliable it would be for fine tuning relatively minor details such as the type of guitar in your scenario. I've been using it in a broader perspective. Like using the Mahogany of the body to create the forest the wood came from, or just using the guitar it's self to summon groupies.

For instance, I recently had a dream where I was traveling through my own intestines. In the following night's dreams, I was able to use that experience to give a DC who was harassing me a major case of gut rot, effectively incapacitating him.

Like someone who thinks they saw a UFO. To them, they know it's real, but to a non believer, it's not. How about people who are undecided? It's kind of like Schrodinger's Cat. I've actually heard a theory that says the reason the government is covering up UFOs is because if the public acknowledged them it would make them more real and they could travel here easier, or something like that. (Just an example, please don't debate UFOs here)

As you can see for two simple rules, it sure gets complicated pretty fast. The Secret left a lot stuff out. I've been putting off getting into the kind of RL existence confusion above, because it's equivalent aspect in dreaming is Shared Dreaming. And the last thing I want is for this thread to be buried in the beyond dreaming section. I'm going to have to get into that eventually, but I'd like to get a few more constructive posts in on it's dreaming applications before I completely ruin this thread's credibility.

Q: "So instead of using the root of a cherry tree to create another cherry tree with different color fruit/leaves, you can use the root to create furniture (perhaps entire buildings) out of cherrywood?"

You could do both, but the first one sounds easier. It's more of a natural connection.

Speed Limits

Q: "EDIT: I forgot to mention, this rule is often a pain in my butt, as it severely limits the speed at which I can fly. I just can't think up new landscape fast enough to keep up, and very rarely does my subconscious does this job for me. Usually I am left with limited speed (and very limited flight ceiling for that matter), although some flying techniques I've read about on this board helped me somewhat in this regard."

I've hit that same speed barrier while flying. The problem is in order to have movement, you need to be moving in relation to something else. Once you start going fast enough, everything just becomes one big blur and you lose all sense of motion.

Luckily we're not limited to linear travel in dreaming. If you really want to get somewhere, just focus on it hard enough and it will pull you in. You needn't worry about how to get there, only focus on the destination.

Q: "OK, the part about schemes was clear, even though I don't see how that's relevant to LDs. But the AI part... it's like it's Chinesse."

I was trying to show the various types of links that are made in relation to things you focus your attention on in dreams. For any object, person or concept, you attach to it a great many associations in order to define it.

For whatever main elements you are fixated on in a dream, it's these associations that begin to appear in the dream. This happens weather it's a normal dream or a lucid dream.

Q: Tonight i experimented how emotions affect the dreamscape. I was in a semi-lucid state while running through a corridor with a corner after every 5 meters or so. First I used fear: I became very fearful of what might lay ahead in the hallway. Sure enough, monsters started popping up (who i then dispensed with a "will projectile"). When i had enough of this and two very menacing beast-humans appeared, I changed my mood into happy. INSTANTANEOUSLY, the 2 beastmen turned into my best friends with smiles on their faces After that I became fully lucid.

Good stuff Anomanderis, I'm glad to see you're getting the hang of it. I had a normal dream the other night, in a grocery store where the customers were shopping peacefully. Then I started beating up this illuminati guy, and they all started rioting and looting. And that's when the werewolves showed up...

Strong emotions have a humongous impact on dreams. That probably deserves it's own rule.

Thanks for all the positive feedback, I really appreciate it. It takes me so long to write out these posts (This measly post took almost 4 hours!).

Real World Applications

For the past month or so, I've been observing how these principles apply to the real world as much as they do to dreaming. But it comes with an extra layer of complexity in the waking world, namely other people. The potential each one of us has using these techniques is phenomenal, and when you consider there are billions of people influencing the world in this manner, the possibilities for conflict or resonance are mind boggling. It would seem that the waking world is just one big shared dream!

So lets start off simple, with an example that happened to me today. There was a dog chained up out back of the neighbour's place where I was working. It seemed friendly and curious, so I let it come up to me and sniff me, no problems, it didn't seem a threat. Then I noticed a sign in the window that said "Beware Guard dog". The moment that sign registered in my mind and I though "Guard dog? Oh oh..." it's demeanor completely changed. It became mean, growled, and tried to bite me. It's like that sign created a link or association to the dog's corresponding behavior. I've been seeing dozens of examples of this daily.

Now to recap my three basic rules in a RL context.

1. Everything in your dreams requires your attention to exist.

I've used this rule effectively in dreams in what I would call a "banishing". Simply ignore something in dreams, put it completely out of your mind, and it will cease to exist.

This type of banishing works in RL too, but people don't cease to exist, they just wander off. Completely ignoring someone is a little rude, but very effective. I've also been using this to ward off unwanted conversation topics, and it works like a charm.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

Carl Jung, the Anti-Freud, had a method where he would write a letter to someone and then not send it. This would invariably result in his target sending him a letter in response to what he had written, even though he never sent it. He was also the one to coin the term "synchronicity", which I believe is a fantastic example of this rule in action.

I have countless examples of this principle in action, as with the incident with the dog I detailed above. There are so many possibilities here, it's almost impossible to properly explain how it works. Thus far, I've broken this section down into two schools of practice.

A) Achieving specific goals: This is basically what the movie "The Secret" is about. I can't really give specifics on how to do this, as each individual had their own set of associations created through a lifetime of experience. Learning what the main influential associations are to you through dreaming will help you apply this to the real world.

B)Eliminating negative thought patterns: This has been the main focus of my efforts lately. Instead of dwelling on the negative aspects of my life, I do my best to ignore them. According to the first rule, they disappear and cease to create bad situations in accordance with this second rule.

The old saying "The straw that broke the camel's back" applies here. By not dwelling on the things that get on your nerves, you don't get that build up of straw that weighs you down.

Basically, this involves gaining control of your random thoughts that arise during the day, by either consciously directing them, or just putting a stop to the negative ones (which is so hard to do!). Most people arrogantly assume they are in complete control of their thought process, but this couldn't be farther from the truth.

3. Strong emotions have a devastating effect on everything around you.

I've decided to include emotion as a separate rule. I'll come up with a better way to sum it up eventually, but that's pretty much the gist of it for now.

Just look at how you react in the presence of people exhibiting strong emotions, or how other people react to your own strong emotions. Do most people really have a choice in how they react to these emotions? It's like there are unwritten social rules on how we are supposed to react. Even when you think you're masking or hiding your emotions, they still influence people's behavior.

One might think that people are responding to subtle body language, but that's not the case. Now I'm a recovering rageaholic, and I've had a few instances where I was in a room alone and foul mood took ahold of me despite my best efforts. The people in other rooms invariably begin to curse loudly, as if in response to my foul mood. This is the kind of thing dream characters are prone to doing.

Overview

I've had about 6-7 months or so of exploring this in my dreams, but have only been working on the real world applications for about a month. The more I look into it, the more the real world behave like a dream. And of course you know the first thing most people do once they realize they are dreaming is to have lucid sex.

Well, I'm no different. I'm realizing the world is my oyster, or at least a bearded clam. I've been using these principles to get women like you wouldn't believe. The thing is, the type of women that are attracted into my life seem to be influenced by the porn that I watch (Not that I'm complaining!). The real test will come tomorrow when I ask out the girl I'm totally in love with. According to my theory, it should go well, since she's been constantly on my mind.

Now the RL applications open up a lot of possibilities for control, but with all the people in the world, there are bound to be people with a will opposed to yours. What happens when two people try to manifest opposing intents? Even in a RL scenario, this brings us into the realm of shared dreaming, which is where I learned all about this.

You don't think I came up with this all by myself do you? Nope, I discovered this after making a challenge in the "Night Stalkers, Dream Walker" thread here: <http://www.dreamviews.com/community/...ad.php?t=37621>

The very reason I think these were shared dream was the mastery these visitors had over attention. A lot of those Night Stalker dreams never make it into my dream journal because they are so difficult to describe. I've been loathe to mention it thus far, lest it undermine the points I'm trying to get across. I do have much more to go into, I just need to find a way to broach the subject properly, plus I have so much to experiment with, I just don't have enough time.

Q: "Tonight i experimented how emotions affect the dreamscape. I was in a semi-lucid state while running through a corridor with a corner after every 5 meters or so. After that I became fully lucid."

Actually, exploring this seems to induce semi lucid states. I've had dozens of related dreams that I wouldn't exactly call lucid, but seem to be experimenting with these concepts.

Q: "Woul you be willing to say, the Cusp, that both the physical world and dream world abide by the same basic rules? Only that in the dream world we are godlike."

I'd say we are just as godlike in the real world as in dreams. The only difference is that in dreams, there is nobody else to interfere with your will. In RL, there are billions of other godlike people as well. So if you wanted to fly, there are billions of other people who say "No, you can't do that.", thus making it impossible for you to do so. You're just outnumbered.

Tommo, all I can say is you have to learn to see this happening in dreams before you can see in in RL.

Q: "I also thought about that, but I think its a bit far fetched to believe that if there were no other humans (assuming we are the only intelligent race in the universe, which is far fetched in itself) we'd be able to manipulate physical reality as we wished. Although, certainly, the mental conditioning of you-can't-do that we have been fracked with since birth, is a bit of a bother.... I don't argue with all facets of the godlike aspect, just the power issue. A bit more work is required than just falling asleep and becoming lucid..."

Mankind has always manipulated physical reality as we've pleased. It needn't be through mental super powers, but can come about from science and technology. Any technologically advance people would seem like gods to primitive people. The development of science could be said to follow these rules as well. Paying attention to a problem or question until you begin to uncover related detail.

Q: "1) Why couldn't I phase through him? Was it because I was focusing too much on his body, thus making it more "solid"? I though about this after waking up and I think i did focus too much on the body. When I phase through walls, i never focus on the walls themselves, but beyond them."

Perhaps you were focused too much on your opponents and not enough on your goal of getting to the other side? Like they say, "Keep your eye on the prize".

Q: Also, that Carl Jung "letters" is very interesting, can you provide a link or tell me more about it?

Actually, I can't find a link to that at the moment. Letter writing being the main form of communication at the time, a search for "Jung" and "Letters" brings up a ton of other letters, mostly between him and Freud.

Trying to find it, I kept coming across terms like "causal" and "acausal", which would seem to fit, but I'll need to research it more in depth, which will take some time.

Here's another example from Jung in the meantime:

"A young woman I was treating had, at a critical moment, a dream in which she was given a golden scarab. While she was telling me this dream I sat with my back to the closed window. Suddenly I heard a noise behind me, like a gentle tapping. I turned round and saw a flying insect knocking against the window-pane from outside. I opened the window and caught the creature in the air as it flew in. It was the nearest analogy to a golden scarab that one finds in our latitudes, a scarabaeid beetle, the common rose-chafer (Cetonia aurata), which contrary to its usual habits had evidently felt an urge to get into a dark room at this particular moment." [The Collected Works of Carl Jung, Volume 8, page 843]

Another incident where he was walking in the woods with a woman who was telling him a dream she had about a fox. Just then a fox appeared on the path ahead of them and walked ahead of them for a few minutes.

Synchronicity

I've spent the last two day reading up on Jung and synchronicity, and I have to relate what happened at work today. I hear my partner yelling and making a big commotion, so I go to see what's going on and find him holding a threaded bolt he found in a closet. He fixes up old lawn tractors, and it just so happens he needed a particular kind of bolt to fix one up the day before, so he had to make a special trip to the store just for that specific bolt. Then today as he's sweeping out a closet in an empty apartment, he finds that exact bolt.

He went on about what a coincidence it was for about half an hour, but he is prone to rambling. He insisted over and over he was telling the truth and that he wasn't making it up, and took the bolt home because he said his brother would never believe him. It was such an odd size he no longer had any use for it.

It was synchronistic for him because of the bolt, but also for me because I've spent the last two days reading up on synchronicity in preparation to write this. To have someone discover and be blown away by synchronicity before my very eyes was pretty freaky to say the least.

Jung's Views on Synchronicity

Jung explained synch as two or more seemingly unrelated events that create a meaningful coincidence, that do no follow any apparent cause and effect connection. He called this the "acausal connecting principle".

Modern psychology regards this as appophenia, the tendency of the mind to find or create meaning where there is none.

Jung held the belief that these coincidences held some kind of meaning or messages that could be interpreted through associated archetypes. The problem is which archetype to choose, which is often seen as the random whims of the analyst of patient.

Rule Number 2

Jung certainly identified synchronicity and even learned to use it somewhat, but he never truly understood how it worked.

I say synchronistic events but not acausal, but are related by a very distinct cause and effect relationship. But cause and effect implies a rule, doesn't it?

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

This describes what happens with synchronicity perfectly.

Rampant synchronicity in dreams is the rule rather than the exception. Going through your DJ will yield glaring examples. But other than the influence of emotions, this is the totality of creation in dreaming. Beside the obvious examples, there are also many more subtle layers at work that become clearer once you are used to seeing them.

I'm going to steer this topic back into dreaming in my next posts. I suppose I'm going to have to get into the secret origins story of where I came up with all this.

I'd like to thank everyone for their contributions. I was expecting a lot hate from this thread, but instead it's producing some interesting discussion.

Q: "This synchronism thing is, I believe, (I'll use your example and one of mine for the sake of the argument), either pure coincidence or as in your co-worker's case the fact that he had been focusing on that particular bolt made him recognise it."

It wasn't that he recognized the bolt, it's the fact that it was there at all. He found it in a completely empty apartment, where the bolt was the only thing on the floor. Plus it was such an odd size, with a very fine thread, that the odds of it having been there were astronomical.

Q: "Do you think there are two different types of control? One just more subconscious, like put your hand out and shoot a fireball without even thinking about it, and another more thinking about how to overcome an obstacle and everything that goes into it, like 'how could I shoot a fireball?' 'Imagine a flame in my hands, what does a flame look like, ok the flame won't harm my hand but only my enemies' etc. etc."

Yeah, but that second kind of control where you think about it is totally unreliable.

Q: I've noticed something alike. When I am semi-lucid (I know I am dreaming, but haven't really realized it), I am much more powerful in a fight. While being fully lucid, i think my conscious mind (for the moment, at least) doesn't really believe (or maybe my focus is off. Now that I think about it, my semi-lucid and fully-lucid, my focus has been different...) I can do these things. My subC has no problems with phasing through enemy attacks...

Now that you mention it, I do much better in battles when I'm semi lucid as well. Strange, I would have thought it would be the other way around.

Q: "Well, this just points out the fact that there is another part of the brain at work, not the conscious or the subconscious but memory which is holding the image of the shack in the back of your mind, making the subconscious just assume that the object is still there as you know it to be, even if you aren't consciously looking at it. Even if you did look back and it had lost detail you wouldn't realize as you would just be looking at as much of the object as you remembered being there. It is a matter of whether your mind considers the object in question to be of enough importance to keep and if not that is when the object would cease to exist."

That's an interesting point, which may even explain how we are able to remember our dreams. To use a computer analogy, lets look at data recovery. When you delete something from your hard drive, it doesn't actually erase all the ones and zeroes, but changes the pointer pointing to that particular block of memory from "used" to "unused". The data is still there until it gets overwritten by something new. I suspect something similar occurs when trying to remember a dream.

Some question that come to mind are "how much can this type of memory hold?" and "How far back in time does it go?"

Q: "Could u explain the relationship between synchronicity and dreaming in more detail because i don't understand yet."

Synchronicity is a product of the second rule, where you focus your attention creates related detail. Simply put, it's one of the predominant aspects that shapes your dreams.

The most noticeable ones are when the association between two events or objects are clear and relatively close together in time (ie focusing on your tooth defects in a dream will yield more of those defects). But you have to understand there are also synchronicities at work that are not as clear. These may be from things lingering in your mind from days, weeks, months or even years ago.

Q: "Fenghuang assumptive manipulation - faith manipulation - conscious manipulation."

I like that classification of manipulations. I would say the first two are more reliable. Conscious manipulation, for me at least, unfolds more like a scientific experiment, in that it allows room for failure.

Fully Lucid VS. Semi Lucid

That's quite the inconsistency we have here, in that semi-lucids seem to offer better control than full lucids. Since it's awareness of being in a dream that lends you control, it would be reasonable to assume that the better the awareness, the better the control. That just doesn't seem to be the case.

My only explanation is that we (myself included) are scatter brained victims of the digital age. Technology has conditioned us to the point where we can barely focus on

anything for any length of time.

That and our modern culture has no place for the ancient traditions of meditation and disciplines of the mind. The majority of religions have time tested methods and techniques to school and train the mind. To counteract this seeming lack of control, I would advise some form of meditation of mental training. I'd recommend reading Carlos Castaneda's books, as they deal predominantly with attention. But any type of meditative practice would be sure to help.

Q: "So the fear was started by my sub-conscious but then held onto by the conscious, this was then temporarily avoided by not dwelling on it using the Attention Technique and then defeated with another emotion bravery/peace/confidence. This leads me to believe that Emotion is, somewhat, a separate entity, as I find it is not something that you can directly control, but it can be manipulated by concentrating on things that lead to an apposing emotion."

I'm impressed, that was some good use of the attention technique and the emotional technique.

I still think emotions can be controlled, it's just not something most people are used to doing. Either you control your emotions, or they control you. The tricky part about controlling emotions, especially in dreams, is that it's kind of a chicken and the egg scenario. On the one hand, you have whatever dream element is causing the emotion, but on the other hand, those dream elements are reacting in response to your emotions. It can be very difficult to separate one from the other.

Here's a lucid where I first discovered and experimented with the effect of emotions in dreams.

Fri Sept 22, 2006
A Study in Emotion
Clarity: 10/10
Importance: 10/10

I'm working, at a customer's house. I'm getting very frustrated, and my mood is growing more foul by the minute. These negative emotions keep building, and building, untill I can't take it anymore and I/they snap.

My bad mood explodes out of me like the shock wave from a nuke. I can see it physically washing over every thing as is moves out exponentially in every direction. As my wave of anger passes objects and walls, it changes them. Colors become harsher and angry, lines and angles become sharper, and everything now has a crueler, meaner look to it.

No longer angry, I am now amazed at how much my emotions affect the world around me. A little humbled and a lot calmer, I reset the entire scene back to the way it was before.

Now, I start running through the whole range of emotions, basking in them and seeing how they affect and change the world around me. At some point I notice it's not just the physical objects, but the people and characters as well. Focusing single mindedly on whatever emotion would completely change the behavior of the people and animals (some pets).

Q: "Wow, wanna slip some grammar in there?
Anyway think I get what you're saying and yes these things are all quite obvious, but discussing it leaves a chance for more insight and investigation into why all this happens and further things that you might not find quite so obvious. Also discussing it lets people have input and could change how you think about it.
For example if you investigate say, bones of a velociraptor, you might go in thinking clear headed and thinking critically but then once you keep dwelling on this one thing by yourself your judgment would become clouded because you have no input from other people. You might have a sudden feeling that this bone is only 100 years old and you would start looking for things that verify this, yet if someone was there with you they would say 'nah it's just dust' lol or whatever. I don't know if I got to the point there but that is why people discuss obvious things.
Cusp came up with some interesting ideas and eventually started thinking he could apply this to real life just the same as in a dream, he obviously won't agree with me but I believe he dwelled on it too long by himself. Therefore he started getting carried away with some ideas without someone there to say "wait a minute, you're not thinking clearly, real life cannot be manipulated like a dream etc etc"

I love both those examples, as they both show the second rule can work. You mind if I use those when I turn this into a book?

And I don't disagree with the second one about me at all. Because that's exactly how it happens. I'm not sure if that was meant to undermine my argument, since it supports it so beautifully. It does however create a bit of a paradox of the chicken and egg type. My focusing on the idea too much would, according to the second rule, create the excessive detail I'm putting into this thread, creating the very rules themselves. From that perspective, it sounds like a self fulfilling fantasy or delusion, but even the delusion scenario unfolds according to those rules.

Unfortunately I can't take full credit for coming up with all this. It was shown to me by someone else. Or at least I figured it out by watching someone else who knew how to apply it. I'm not sure if they were intentionally trying to show me or not. I'll get to that story later. It's a whopper.

The Dangers Family and Close Friends

The Dangers of Family and Close friends.

I learned of lucid dreaming through Carlos Castaneda's books. Besides lucid dreaming, which to my amazement turned out to be true, it also contained several other tips and practices for dreaming. This is actually where the whole looking at your hands during dreams thing came from.

Most of these dream tips sounded strange and didn't make much sense, but damned if they didn't work, which is why the hands thing is still around. Because it works.

One of the things he mentioned is that family and close friends should be avoided at all costs at dreams. It sounded like good advice, but I really had no clue why that should be so. The attention and emotion rules explain why they are such a threat to your dreaming.

The Data
To better understand why Family and such should be avoided, I asked for examples and hit the DJs to see exactly what happens when people interact with family DCs.

It turn out that things generally don't go too well. In most cases there are arguments, family attacking you, family members getting hurt, getting attacked or being chased. Even just being worried about their health or wasting a lucid trying to convince a stubborn family member that this is a dream. I'd estimate about 90% of the dreams I've read involving family go sour in some way.

Applying Rule 2
These DCs are people you love, sometimes hate, which causes you to lavish more attention on them. They are indeed attention magnets, and this increased attention causes family member to become central elements in the formation of the dream. This may not sound too bad, but it causes a couple of problems.

The first problem is the sheer wealth of experience you've had with these people. Anything you associate with them or have shared with those people, be it from childhood or last week, could pop in your dream about them. There are too many possibilities associated with them, too many ways the the dream could go to allow for good control.

*Note: These kind of elements with vast amounts of associations can still be very useful in dream. But ideally you'd want to use something other than family, like a door or a tree. Control doesn't always mean achieving achieving specific results. Sometime you just need to break a bad theme and you can use these general elements to randomly create some new elements.

The main problem is the associated dream elements that usually occur as a result of the extra attention given to family, are ones that are tied to strong emotions.

Rule 3.
We obviously care about these people a great deal, and strong emotions are a powerful force in shaping our dreams.

Memory as been been shown to improve remarkably when intense emotions are being experienced during the event to be recalled. With the emotional roller coaster that is family, there is a vast wealth of these strong emotional memories that you associate with these people in your mind. So it's really no surprise that these stronger memories are the first to surface in dreams.

Conclusion
Effectively applying the second rule to improve dreaming requites a balance of attention. Too much on any one element and it pull you in too deep, drowning you in a sea of detail. Too little, and things destabilize, fall apart, and become incoherent. DCs of family members and close friends tend to tip the scales into the too much side, which is compounded by the strong emotional bond we have with these people.

*Q: "Very true Cusp!
Also just one thing unrelated to that that I feel I need to say here is I have had a few terribly depressing dreams recently containing this girl from my high school I was friends with. She was always telling me in the dreams that she just doesn't like me and wishes that I'd go away. This is because I was thinking about her a lot and wondering if she still likes me or not"*

I think fear of being rejected is pretty common for just about everyone. You say you've been thinking about her a lot, so obviously that is going to incubate her in your dreams.

Q:"Do dreams with real family members take place often for you guys? I've tried to remember, but I can only recall about 3 dreams where one of my family was present. Once, my little brother, and twice my father, though the only one playing himself was my bro and that dream too was years ago. I can't remember ever having a fight with family in a dream... maybe that's because I never get involved in such quarrels, because I know its pointless."

I have family dreams fairly often, but I see my family quite a bit since my brother had a baby girl.

Possibly you're just spending more time with other people, and it's those other people who show up in your dreams?

More practical RL Applications: Writing
A lot of people still have doubts that these rules can be applied to RL to effect change . By controlling where you place your attention and your emotional state, then logically, any change experienced would only be from your perspective.

The trick is that you can not only manipulate your own attention and emotions, but you can manipulate the attention and emotions of other people as well.

Here's an example that happened to my yesterday. I was purchasing something at the store, and I expected the total to be just over 10\$ so I had a 10 and a 5 out and ready. I was surprised to hear the cashier tell me it was just under 10\$. I had it held out to give to him, so I took the 5 back. Anyways, he ended giving me an extra 5 dollars in change. The way I was holding it made my 15 dollars the main focal point, which implanted the idea of 15 dollars in his mind. I gave the money back.

Applying these rules on other through actions can be a difficult thing to conceptualize, and I have a few more topics I'd like to cover before I get into that any deeper. But one area where I think there is a very clear cause and effect relationship between applying these rules to RL and effecting tangible change in the world around you is writing.

More Practical RL Applications: Writing

Political Newspaper Propaganda Articles
I've always loved these articles in the paper. Far from impartial reporting, these pieces are written with purpose and intent, which is to make people vote for the party they represent. I people who write these are know as "King makers"

There are three main tactics for doing this, which just happen to be the three rules of dreaming. They fit very with with the whole Public Relations aspect of politics as a whole.

1 - Everything requires your attention to exist.
While an important and fundamental rule, most of the time this one seems pretty redundant. But politics take advantage of this rule like like nothing else. With simple denials and by ignoring key issues, many things get swept under the rug, so to speak.

It's safe to say Politicians are masters of the first rule. If you want to learn how to apply the first rule better, that's where you should look. I could give countless examples, but I'm sure everyone can do the same off the top of their head. "I did not have sexual relations with that woman" comes to mind.

2 - The more attention you give to one element, the more detail it creates in relation to what you are focused on.
This one is simple really. Associate the candidate you support with positive issues, and the opposition with negative issues. By emphasizing certain elements and drawing attention to them, it's possible to engineer these types of negative or positive associations. Once these associations are in place, then whenever someone who's been exposed to this enough things about the candidate, the second rule creates corresponding positive or negative thoughts.

3 - Rule of emotions (Still under construction)
You will rarely read about issues that are truly important in the newspaper. Instead they favor the issues that get people emotionally charged, either strongly for or against. This is to reinforce what they are trying to do with rule 2, as stronger more prominent memories are formed during intense emotions. These memories charged with emotion are usually the first to surface.

Commercials and Advertising
These ones are pretty self evident. They are designed solely for the purpose of capturing your attention, drawing you in, and making people buy. A clear case of making things happen by using the second rule.

Creative Writing
Getting away from the manipulative aspects, these rules can be applied to creative writing as well. I've had aspirations to do some creative writing for a long time, but I've always had difficulty deciding how much descriptive detail to include in my writing. Also choosing which elements to describe can be rather difficult.

Second Rule.

PD: OMG it's too hot and humid. Again, I'll have to finish this later

Q: "I guess the reason why I don't have dreams with family members in them, because I'm pretty much a hermit. And even when I am with them, I don't get emotionally involved.
Talking about the change and politics, it will be very hard for some to believe that this has any "supernatural" basis. I think its a bit of both: cues picked up subconsciously (body language, subliminal messaging, hypnosis) and the aspect that modern science can't quite explain yet, though which magick (kabbalah, hermetics, ...) has explained for centuries.
Heard of Derren Brown? He does some AWESOME stuff with hypnosis, NLP, body language and whatever alien powers he possesses:
http://youtube.com/watch?v=Il_-QcW4Q4I
<http://youtube.com/watch?v=befugtgikMg>
<http://youtube.com/watch?v=IOEKdaXIEHc>
Although he says that none of the things he does is anything supernatural, just psychology and so on, there are some things that are impossible to explain away like that: he made a woman look at passers-by from, i think, a second storey window, trying to make them stop by willing it. (given instructions by Derren) She does it! How that is psychology, I do not know..."

I'm not claiming any of this has a supernatural basis. Just the opposite, this is nature it's self.

I was actually planning a chapter on hypnosis. I was thinking I could use these methods to explain hypnosis, and to hypnotize people myself. But that's going to take a lot research, study and practice.

In high school, I would sometime do what I called the "look of death". I could use it on anyone walking down the hall and make them stop dead in their tracks. I got bored with making people stop, then started trying to use it to make people drop their books, which would work every now and then.

Q: "Yeh that's what I'm talking bout' cusp, little gestures or expressions and such that you can do that make people do certain things. Just like a smile can make someone feel happy other things can make people do or feel something else."

Here's another example, again from my high school years, which I'm very proud of. Our english class was debating the pros and cons of the Nuclear family (Mother, father, 2.5 kids and a dog), and as we were allowed to make our own groups, it turned into the guys VS. the girls.

Our side was at a bit of a disadvantage, as the girls tended to be harder working than the guys, and their group had the smartest people in the class. The topic of homosexual couples raising kids came up on our side, and the girls overheard us and started coming up with counter arguments, which I happened to overhear.

It's then that I came up with my plan. We would pretend to be biased against homosexuals, and make it appear that this aspect would be our main argument. This made the girls do a lot of work coming up with great counter arguments. Unfortunately for them, when the debate rolled around, we avoided that topic like slick politicians, so that all their hard work was completely wasted and irrelevant.

One of the most effective methods to accomplish this trickery for the debate was a massive green tome my friend found at the library, which said "GAY IS NOT GOOD" in big bold letters on the cover. We spent the majority of our class prep time thumping that book with our fists like it was a bible, which was great fun!

Our opposition's greatest assets was their strong work ethic, so I used that against them. We directed their attention on that one topic, forcing them to spend the majority of their efforts preparing for it, then we blindsided them with topics they weren't so well prepared for and won the debate. They had no chance. I had single handedly won that debate on the first day it was announced.

Q: "I had a weird kind of lucid nightmare this morning. I was in a massive underground tunnel, it was practically pitch-black and the only things separating me from falling into the pit were these quite solid, but still dodgy-looking metal gratings.
I became lucid and I was afraid. Maybe because of the darkness. The fear made me think that there might be monsters close by. And then I thought 'Well, frack me, if there weren't any before, then me thinking this will make them appear anyway'. Which was true, because monsters started coming at me one by one. First an alien (conveniently from the movie Alien, you see. I had nightmares as a child when I watched those movies), then a predator, then someone I don't recall and finally a glowing skeleton-thingy with a luminescent chain with a circular blade at the end of it."

I had somewhat similar non lucid dream last night. Only instead of expecting monsters, I was expecting prostitutes. And sure enough, there they were! They gave the best back rubs.

Q: "How long did it take for you to gain control over your lucidity, the Cusp?"

I really don't know how to answer that. I've probably been LDing for about 15 years, and I still wouldn't say I have control. There's just always so much do in dreaming, always something new to explore.

My very first few lucids I failed at almost everything out of the ordinary that I tried to do. After a few successful tricks, I was able to repeat those I had previously done more easily. So I would rely on those one and use the hell out of them until I got really good. I tend to go overboard and have dreams where I repeat the same thing hundreds of times very quickly in different circumstances and scenarios. Every now and then I'd pull off a new trick and be able to replicate it much easier each time I tried it. Kind of like adding magical spells to a spellbook.

And I've been pretty much doing that ever since. But, after doing that for so long, the stuff I try now can get pretty complex or abstract. To the point where often I will know I was lucid, but the things I was doing with it can't even be translated into a waking context. I'm just left with the impression that I was doing something either really important or really cool, and at best I can just recall a few flashes that don't seem to make any sense.

All my notes on various things are rather chaotic and I keep losing track of stuff, so I just want note some future topics on this subject here.

-Next will most likely be my conclusions from my Vampire, Werewolf, Zombie study.

-Then Secret origins of these rules and Shared dreaming.

-Reconciling the ILDs. There are way too many LD techniques. There has to be elements these techniques have in common, and I'm willing to bet that the majority of them (Or at least the good ones) use these rules in some way.

And for the RL side of things, which will take a lot of research, I have the following to investigate
-**Hypnotism** - Look evidence of these rules in hypnotism methods. I'm sure I can use these rules to hypnotize people myself.
-**Summoning** - A bit out there, but if there is any truth to it, then the rituals should mirror these rules as well.

And I still have to finish the bit on creative writing. So much to do, so little time.

Q: "Thanks, Cusp and everyone for keeping this going. It has been really interesting. I wanted to add a bit. When I was in juniour high and HS I used to do what I called "little miracles." All of my friends knew I could do this, so from time to time they'd ask me for one of my "miracles." Generally they'd track me down before school started and tell me they hadn't studied for a test or had forgotten their homework and needed their teacher in a specific class to not do the test or to not collect the homework. I'd say, "Okay, you have your miracle." Then, without fail, whatever they'd wanted would happen. Sometimes they wanted other stuff -- a guy to notice them, for their parents to not get mad for something they'd done, etc. And everytime it worked. I "granted" more than 100 miracles and never had any of them not come true. The law of attraction in action. Now I like to use it to get parking spaces where I want them. I dream frequently about my family members. Most of them do include some form of struggle or tension."

Seeker28, that's awesome how you would do those "little miracles". I might ask you for help with one someday.

I kind of do something similar to your parking spaces trick. When crossing the street on foot, I almost never have to wait for the lights to change. They just change for me at the perfect time so that I never miss a step. Doesn't work out that way when I'm driving though.

Q: "I think you pretty much do it in the same way I do. For stuff to happen, I really need to feel good. I don't know why, but maybe because this feeling good makes me think about the term 'inner storm', that I tend to affect the weather when i'm in that state of consciousness. Come to think about it... I've been unusually happy a few times recently and its been raining for 2 weeks. Ah, my imagined connections...."

One day I woke up and for no apparent reason, I felt better than I've ever felt before. It was a super intense king of the world feeling, I felt like I could do anything. That alone was an incredible experience.

But when I left for work, everyone at the bus stop was staring at me. And when I got on the bus and sat near the back, every single person was turned around backwards in their seats and stated at me the whole time I was on the bus. I could even see the driver looking at me in the mirror! The people didn't even seem to be aware they were doing it, like they were mesmerized. I felt too good to care and just let them soak it up. Nobody at work reacted to it and the feeling went away around 11:00.

Now I know what Jesus felt like. The funny part is, at time that happened, I had hair past my shoulders and my beard (both brown) made me look very Jesus-like.

Q: Was it you I had a talk with about this, before, Cusp? The whole "does a DC have guts if you can't see them" thing? In either case, it's important to remember that "awareness" has many levels, leading even into subconscious awareness (I'm not saying you disagree, I'm just adding to the context). So, that is to say, I'm not sure we have to actually see/hear/feel/etc something for it to exist in dreams. I believe that even a subconscious awareness - an activated schema that has not risen to the level of "conscious thought" - can affect a dream. I've always found the schema concept fascinating, and I believe that this is how dreams progress (and why they often do so in a seemingly erratic nature). But, for this to be the case, that would mean that schematic concepts that we are not yet actively aware of still hold influence. If you are dreaming that you are sitting in your room, with the door closed, one might say that the living room doesn't exist if you're not actively aware of it. But, being in such a familiar setting, your subconscious knows the kitchen is there, even if you're not thinking about it at the time. Does your mind already have some abstraction of the living room model created, ready to be thrown into the context of the dream, upon your walking out of the room? This would make sense, as with word schemas, the mind activates schemas for context even when the particular concept isn't being used. For example: If someone says "Dream," the mind would probably activate schemas such as "Bed", "sleep", "night", "lucidity," "nightmare," "flight," etc. Anything that it could associate with "Dream." Even if you're not aware that these words are being gathered by your subconscious, and prepared to throw into the context of conversation, they are. So, if the schemas that (I believe) conduct how dreams progress, then it's possible that just the most subtle trigger of a subconscious "living room" schema could create some sort of abstract model of how your mind will present your living room to you, whenever you decide to leave your room and walk into it. Technically, you are still "aware," of the living room, before you become consciously attentive to it (albeit subconsciously), but it just makes you wonder exactly how aware of something you actually have to be, before it loses its (to use S. Cat terms) "superposition," and collapses into a solid state.

I never properly thanked you for introducing me to the concept of schemata, which has been very useful. I generally view it as an AI neural network model, but my attempt at explaining neurons and dendrites and weights didn't pan out too well. It's like you mind is a vast forest full of twisting trails and paths. The more use use certain paths, the more worked in they get and the easier they are to travel. Your dreaming mind is more likely to travel well beaten paths.

I still think nothing exists until you are experiencing it, or at least focusing on it in some manner. These schemata already exist independently of the dream, they don't require any dreaming attention to sustain. They are a result of everything we've experienced. For dreaming purposes, I like to think of them almost as geographic locations with roads leading to new places.

I don't always have control over which path I'll take, but I am free to choose which schemata I want to use for change. You don't always have to go for pinpoint accuracy control, a general change of theme is good too. Sometime I change themes several times just to find associations that are useful.

The Fist Time LDer

A Newb's Experience with Lucid Dreaming

Using these rules for dream control requires a balance of attention. This leaves only three outcomes for any newbie dreamer. Achieve a balance, or tip the scale in one direction or the other.

1. Balance: If a first time LDer begins to interact with his environment right away, then he inadvertently achieves balance as his awareness gets spread around the dream scene. Things seem stable as long as they keep up a steady interaction with the dream.

2. Introversion: The dreams realizes they are dreaming and are so amazed, excited and thrilled by this fact that they focus all their attention on that thought alone. What that implies, the realization of what's happening, what's possible, all these thoughts direct a sudden rush of your awareness inwards to deal with all these mental machinations, which creates a corresponding vacuum in the dream around them. With no attention to sustain it's self, the dream collapses and the dreamer wakes up.

3. Overkill: Realizing they are dreaming, the dreamer checks things out and something fantastic, bizarre or just plain interesting catches their eye. They go in for a closer look and the directed increase in attention causes that element to grow out of control, demanding even more attention. They get in too deep and don't know how to stop it. The resulting confusion also leads to waking up, which is a form of the second outcome.

The second two are only pitfalls at the beginning. With practice they become your main tools. The reason it goes so badly at first is because people don't recognize what's happening. It's like giving a loaded gun to a monkey. The monkey doesn't recognize what the gun can do, what it was designed to do. Yet it can still fire the gun, which will probably scare the living shit out of it at the very least!

Q:"Hehe, I guess you could call the fact that almost always nobody will sit next to me in a bus (even if its packed) my own little miracles. Or maybe I just creep people out, dunno"

I do that as well. I don't think it's about creeping people out, because I'm a very successful hitch hiker.

Here's a neat bus trick. If you can sit by at least two pretty girls, then any other pretty girls that get on the bus after will cluster around you.

Q: [everything in your dreams requires your attention] ... "I think it would be truer to say that everything you perceive requires your perception. It may be true that for an individual, when they're no longer aware of something (volentarily or not) it stops existing for them but you don't really know if everything in your dreams are to do with you. I'm not saying they're not but there's other theories too.. ie, foreign entities like in "the art of dreaming" (carlos casteneda)."

Those would be the exception to the rule, as well as any form of shared dreaming. Learning to recognize and use your own elements should make it easier to recognize any foreign elements.

Q: [The more attention you give to one element, the more detail it creates in relation to what you are focused on]...have you noticed what happens if you stop and try and keep your focused attention on whatever's there? for me, it tends to change and can change into something completely different or unrelated or into nothing at all."

That's what I based the second rule on. The act of focusing your attention is the main creative force in dreams. It's just not always so focused and directed, so it's effects are not always so obvious.

But those changes are not unrelated, they follow schemata or archetypal models. These elements of change seem random, but they can be classed together because they have some relation to the object you are focused on. Some things or concepts can have thousands of related associations that may seem random, but they all have the root element in common.

Most of the time I'm unable to choose which of these associations will rear it's head, but I do feel that I'm able to narrow the choices somewhat.

Just try it. You'll see that the changes that come from focusing on a teddy bear are quite different than those that come from focusing on a severed head. Even if you can't predict the exact change, you can still have a pretty good idea of what to expect. Knowing what to pay attention to and what to ignore, and not getting distracted by every shiny object can go a long way in providing dream control.

Q: "-but i wonder if concentrating on an object and letting it change into it's associated items would strengthen your memory connnections."

Most likely. In a neural networking model, every time one of these paths gets used, it gains what they call "weight". The more weight these pathways have, the more likely they are to get used.

But the true measure of the strength of a connection is the strength of the emotions you were experiencing when those memories were formed. THanks to the part of the brain called the hippocampus, which affects memory, learning and emotion, stronger memories are formed in response to strong emotions.

These emotionally charged memories being the strongest, surface first in dreams. I need to revise the third rule to reflect that.

Q: "Basically, wtf? That's like saying everything you see requires your sight. It's just basically redundant and it has nothing to do with attention anyway. It's a totally different thing, so you can't say that attention thing is wrong and the perception thing is right, it's like saying algebra is wrong because calculus is right."

I don't follow what you're trying to say at all. In a dream you're not using your real eyes to see.

We know through science that matter exists both as a wave form and as a singularity (particles). Recent advances in quantum mechanics tell us the act of observing these wave forms is what collapses them into singularities. This would suggest there is something "magical" about the act of perception.

Q: "do you find that you percieve more (emotions, objects, sences etc..) when you're fully lucid or when you're semi-lucid?"

I don't think I perceive more in one state or the other, my perception is just distributed differently in a full lucid than it is in a semi lucid. In a semi lucid, I take in more of the dream. In a full lucid, I have more of an inward focus while I think about the implications of what I'm doing. I still have the same sum total of perception, but a greater portion of it is directed inwards during full lucidity.

Q: "So you believe that at all times we are "maxing out" our perception, just that the distribution is different?"

I can't really say for sure at the moment, I need to experiment with that more. Yet another thing to add to my research list.

Q: So basically, in a semi-lucid everything is not as real, right?

No, just the opposite. Full lucidity by definition requires more focus on your thoughts, most notably the "Holy crap, I'm lucid!" thought. This leaves less attention to sustain your surroundings.

In a semi-lucid, more attention is focused on interacting with the dream, which makes it more real.

An Engineering Project: The Rumor Mill

I just realized a little something my brother and I do could provide a practical engineering project using those rules that anyone reading this could help me with. The main problem with understanding these rules in action is that they can be pretty abstract. Here we will try to create something very small and simple, with a very clear and simple intent. Plus we'll limit ourselves to using only words to accomplish it.

Background

Now my family has a bit of a history for bullshitting. My brother and I like to make up interesting little factoids that are complete fabrications, and tell it to someone. First of all, it's funny getting someone to believe something stupid, but it's even better when they repeat it and get called for being so completely wrong.

My brother inadvertently set a new standard when one of his bullshit fabrications caught on and spread. He actually had something he made up on the spur of the moment repeated to him by someone he didn't know in a completely different city from where he first told it.

I'm sure every one of you has heard the rumor about the Don't worry be happy guy committing suicide, or the one about Richard Geir and the gerbil. Those may sound stupid and immature, but what those simple rumors accomplished was awe inspiring. They spread around the globe like an infectious disease with a speed that rivaled the internet. Just think of how many perverted gerbil conversations you've had to suffer through as a result of that one.

Just a handful of words can have far reaching consequences. In that light, it's easy to see where the classical portrayal of wizards and scorcerors performing acts of magic by reciting magic words or incantations might have come from.

Applying the Rules

1. Every thing requires your attention to exist

-This is a brilliant example of the first rule in action. Make no mistake about it, we are creating something from nothing here, and the goal is to keep it alive through attention. A lot of people have trouble understanding how this works, and I hope these rumors will clarify things.

These rumors sustain themselves through the attention people give them. If it's a lame rumor that nobody cares about, it will soon be forgotten and cease to exist. But if the rumor is good, it takes on a life of it's own, it becomes something quite real and almost tangible.

The person sustaining the existence of these rumors needn't consciously focused on them to keep them going. They reside somewhere in the mind, but remain active. This is a great analogy of how we carry over residual stuff from waking life that influences our dreams.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

-This rule provides the building blocks for creation. There are maybe three elements tops in these rumors. They extremely simple. But the right combination of a very few element creates an irresistible hook.

Just look in the Dream Gallery section of this forum (<http://www.dreamviews.com/community/...splay.php?f=60>), and you'll see my dream entitled "Mormon Sex Cult" has over 5000 views. Not to brag, but that blows away any other dream posted there by leaps and bounds. Why? It's the right combination of elements. Of course sex is always a good one, but combined with Mormon and Cult, it's even more alluring.

3. Emotions strengthen memory and flavor those memories accordingly. (Still trying to rework that rule to better summarize what's happening. I'm not happy with that rendition, but it will do for now)
-Emotions can be considered the power source for this project, which keep the rumor going. Ideally we want something that people are strongly polarized either for or against. Something that provides a strong sense of shock or surprise. Something deliciously captivating.

I've been trying to write this for two weeks now. I'm not happy with how it turned out, but I still think it gets the point across, so I'm just going to post it and move on.

Ideally I want a rumor that will rival those two I mentioned, that will spread across the globe and get back to my brother so I can gloat. We could also do it on a smaller scale withing the DV community. I was going to suggest something about Asher, but he's been quick to wield the ban axe these days, and I don't want to get booted just yet. I'm just using him as an example.

They way these rumor implant and sustain themselves in the back of your mind is the kind of thing you want to accomplish with the desire for lucid dreaming. You want to turn it into something real that takes on a life of it's own. A site like this helps amplify that reality due to the number of people in agreement on lucid dreaming.

Q: "It would be funny if LD'ing was just a rumour and we all really just dreamed that we were having an LD."

Actually, most people who claim to be insomniacs, when monitored under laboratory conditions, actually sleep well most of the night. These people will argue they didn't get a wink of sleep all night until confronted with video footage of them sleeping soundly. What they concluded from this was that the people were dreaming that they were tossing and turning in bed all night. Just one long crappy false awakening.

Q: "What gerbil rumor?"

Allow me to refer you to the tale of Lemmywinks the Gerbil King. And remember you asked for it!
<http://www.youtube.com/watch?v=s4iebOTJHTk>

OK, enough about the gerbils.

*Q: "lol. Neway that insomnia thing was that for real insomniacs or just people who think they are?
Coz I'm almost 100% sure it's a real condition and you would only sleep seconds or minutes every night but you don't dream so it's like just a blink."*

Insomnia is a real condition. And these were real insomniacs who were studied in the lab. Sure they spent a good deal of time tossing and turning, but they did still sleep, even though they would tell you they didn't. These people were literally shocked to see video of themselves snoring away.

Sorry no link for that, I got it from a book.

I'd say that they are putting too much focus or attention on their inability to sleep or restlessness, and the second rule fills in the details of a restless night, be it in RL or through a FA type scenario. Too much attention on any one thing is unhealthy.

Using Vision for Dream Control

The Basics: Vision

Using these rules for dream control boils down to a matter of awareness or attention. To be precise, where and how intently you have that attention or awareness focused. What awareness is exactly, no one can really say. It's an intangible process we use so often we take it for granted. For the moment, we only need concern ourselves with how awareness works.

Humans have 5 senses with which to perceive the world around them, but we rely most heavily on our sense of sight. What this means is that sight is our primary tool through which we are aware of what is going on around us. Or to put it another way, our main means of becoming aware of our surroundings. This makes vision our main weapon for deploying awareness in dreams.

Be careful what you look at...

Simply looking is probably the best and easiest method of dream control. This is both a curse and a blessing. What is so great about it is that it's such an easy thing to do. The downside is that we are almost always looking at something in our dreams.

This type of dream control doesn't just turn it's self on when we want or need it, it's always in play. And there is so much to look at, so much to see and take in. So many wondrous or terrifying sight, you awareness can hardly contain it's self. It jumps around from this to that, the whole while unaware of the consequences it's having on the dream. That is why dreams seem random.

In fact you need to look in order to interact with the dream and keep it stable. The trick is to learn to selectively choose what to look at. It's quite easy to lose control, some things you just can't help but look at. But we don't need to dwell on those things. Just a quick glance to asses and then move on until you come upon something you would like to expand on. Then you can dwell on it, examine it more closely. But if you start examining every little thing, things quickly get out of hand.

In Castaneda's books, the main technique Don Juan made him practice was just glancing at objects in dreams. I've been rereading those books for over 15 years and never understood what that was about until tonight. Just glancing is the best way to "travel" in a dream without disturbing things too much.

When you glance lingers too long, something happens, a change that you can actually feel. It almost feels like two magnets locking together. That feeling can grow in varying degrees of intensity along with your increased focus on that object.

Watch out for dream elements that ensnare you attention and almost compel you to look closer. Dreams are full of them, they lurk around every corner! Again I cite the example of a tooth dream gone horribly wrong. At first you may just want to let it happen and watch how the changes come. Once you recognize what is happening, it will be easier to avoid such snares in the future, however horrifying or beautiful they may be.

Tunnel Vision

I need to work on my glancing, but so far I've gotten really good at zooming in with my vision on a single thing, blocking out everything else. Literal tunnel vision. This is the best for extreme changes related to that element. You can keep going deeper and deeper into the detail, or pull back and see how your surroundings have changed in relation to what you were just staring at. I recommend going back and forth several times to see exactly what and how drastic the changes were.

It's really hard to explain how these changes take place, you have to experience it for your self. The changes that occur as a result of Tunnel Vision may be too drastic to qualify as control, but it sure is fun. It's more like controlling which water slide you want to throw yourself down.

I've also started working on focusing on multiple objects the last couple of weeks, hopefully glancing will help with that. I had discovered a new vision technique last night that I was experimenting with in a lucid, but I can't quite make sense of what I was doing while awake. It had a rolling feel to it, but that just makes no sense... I'll figure it out eventually.

Q: "Btw, how do you see the eyes of DCs in your dreams? do they look real? This morning was the first time that I actually saw a DC whose eyes looked real to me, there was no blankness or emptyness that had always been in their eyes."

I've never noticed anything out of the ordinary about the eyes of my DCs. My zombies usually have a blank empty look in their eyes, but that's to be expected.

Sounds like that would be a good dream sign for you, if you can learn to recognize it.

Q: I've found that when I become lucid and my sight moves from object to object, I will lose lucidity rather quickly. I have to look at everything very slowly and always keep something in focus for my lucidity to stabilize. But I've only got it to stabilize a few times... This morning I tried to do that as well, but I guess my awareness was also on the DC that I was solacing by hugging her. I focused on a point in my surrounding, but after some seconds I could sense the dream blurring and then my vision started greying out.

Sounds like you were looking at too many things before you were ready for it.

The exercise Castaneda was practicing consisted of choosing a starting anchor point. Starting from there, he would glance at a few objects, then return to the starting point and repeat the process. Every time he would try to glance at more and more objects before returning to his starting point. I don't even think it would be possible to come up with a better method to practice glancing.

Sounds like you were looking at too many things before you were ready for it.

Q: "That means that the speed i look with while i am awake is much too fast for when i am lucid, i literally have to move my point of focus a centimeter at a time to not lose focus of the entire dreamscape."

Nothing wrong with focusing on the entire dreamscape. Peripheral vision works wonders for stability. It's only when focusing on individual items you have to be careful.

Q: "It's not the things I'm looking at that change, it's the stuff I'm not."

That's exactly right! Thank you, I rely on these comments to see what needs to be explained further. That's an important distinction I seem to have overlooked.

The changes that occur in the things you are not looking at are directly related to the thing that you are looking at. It's not what you are looking at that changes.

I'll try to better illustrate this point with zombies, werewolves and vampires next.

The Origins of Zombies, Werewolves and Vampire

Q:"How does everyone create their dreamscape when they are in 'limbo'? When I'm already inside a dream, I usually use the 'beyond that door' or 'behind that corner' method; when I am DEILDing (basically chaining) I use VILD. The first time I used VILD, i had the most amazing dream entry that i have ever experienced: i imagined a scene and the colours started slowly trickling/flowing in in little spiral vortexes that merged into the dreamscape."

I would assume it's a result of whatever lingering schemata are still active in you mind. But to me the spiral vortexes seem to be very important in those kinds of scenarios. So many people dream about sacred geometry without knowing what it is. And what it is is the building blocks of all creation, but I don't have enough understanding of that subject to really explain it.

The Origins of Zombies, Werewolves and Vampire

Without a doubt, the second rule is the most influential in shaping our dreams, and also the easiest to observe.

2.The more attention you give to one element, the more detail it creates in relation to what you are focused on.

So let's take a closer look at the elements that birth these creatures in our dreams. The following examples are from dreams that didn't start out with these creatures all ready in them. I also excluded lucids, because the control afforded by lucidity distracts from the natural formation of elements we are trying to observe here

Vampires

While going through the DJs, I noticed that the main element that causes Vampire to appear in dreams is the classic spooky old mansion or castle. Everyone knows that's where vampires live. If you happen to spot one of these mansions, odds are, you're going to have vampires to deal with.

...I'm now near a castle and have become "NeAvO the vampire slayer"...

<http://www.dreamviews.com/community/...&postcount=594>

I'm in this kind of castle/mansion... and confronting this woman who was actually some kind of supernatural being (vampire?)

<http://www.dreamviews.com/community/...&postcount=543>

...We had to go in this dark, spooky house...a strange woman in there who summoned a vampire

<http://www.dreamviews.com/community/...2&postcount=25>

..all the houses were early 1900's and very big...I kept thinking I'm not a vampire...

<http://www.dreamviews.com/community/...41&postcount=1>

...because he was 230 years old.That confused me for a moment until I realized that CB was actually a vampire.

<http://www.dreamviews.com/community/...&postcount=127>

Obviously there are plenty more reasons to dream of vampires, books you read, games you play, halloween, but it all boils down to the same thing. Focusing on something that has a strong association with vamps, even if it's carried over from the waking world rather than something in your dream. Many dream vampires have a sexual nature, especially for women, and have quite different triggers. I can't go into every possible scenario because they are endless, and I'd be entering into the realm of psychology.

Death, corpses, blood, all these are common triggers as well, and can have a cumulative effect. It needn't be just one element like the mansion/castle, those just happen to be very clear examples.

Werewolves

Werewolves are interesting because they seem to reflect a bestial part of ourselves. They have fewer concrete association other that full moons and creepy woods at night, and their presence is most often triggered by strong emotions, namely anger and rage. A good fight or chase will often bring out the werewolves! They are good examples of the third rule in action.

3. Strong emotions flavor everything much like viewing things through a colored lense.

...They pull out a knife with a folding blade... somethings chasing me (werewolf or terminator??)...
<http://www.dreamviews.com/community/...40&postcount=2>

...The Werewolf guy was the most prominent. He was chasing us through the woods...
<http://www.dreamviews.com/community/...postcount=1073>

...As I viciously beat the old fucker, the people in the grocery store begin to get violent themselves....The infectious disease that is spreading is lycanthropy! ...
<http://www.dreamviews.com/community/...postcount=1081>
*That one's mine. Note how my rages completely changed how the DCs were acting.

...People panic near night...many people at the windows and on balconies, panicking...Just then I see the werewolf...
<http://www.dreamviews.com/community/...&postcount=350>

...I darted into the trees...so I ran past and kept going...It turns out that he was a werewolf! I was very scared
<http://www.dreamviews.com/community/...1&postcount=51>

...some guy is messing with me or something, and I transformed into a werewolf, and started biting his arm uncontrollably...
<http://www.dreamviews.com/community/...&postcount=101>

I only concentrated on emotional werewolf creation in those examples, but there are plenty that follow the second rule as well. The main triggers being scary movies, video games, and halloween. Or of course the dark spooky woods at night like this one...

...I'm up at the cabin with my mom and step dad. I'm outside, it's night, and I have a sword. I'm out near the front of the property, when I'm attacked by a werewolf...
<http://www.dreamviews.com/community/...postcount=1055>

Zombies

Zombies are actually too big of an area to get into right now. It's going to take a bit more time that I have tonight to go through the countless examples of zombie dreams, but I think Vampires and Werewolves get the point across.

...

After writing this up, any guesses on what I'm likely to dream about tonight?

Q: "Hm, never dreamt about zombies, vampires or werewolves that I can remember. I described that mush room thing how it kept getting more and more bugs over it, but also the leaf didn't change at all, besides getting more detail to it."

You got extra detail in the leaf. But between the boring old mushroom and the crawling insects, which of the two do you think are more likely to capture your attention? Obviously the insects, and that's why they kept multiplying. If you really want to see the changes, you really have to latch onto it with your attention. Try to recreate tunnel vision.

Q: "I thought of something today that could be another rule but now I've forgotten, I'll edit this post later if I remember. It had something to do with anchors, like while you're doing WILD."

Anchors sound like a good idea. What were you thinking?

Secret Origins: Enter the Night Stalkers

The time has come to reveal where I learned of these dreaming rules, and at the same time to throw any credibility this thread might have had right out the window.

Secret Origins: Enter the Night Stalkers.

It all started with the infamous Night Stalker/Dream Walker thread.<http://www.dreamviews.com/community/...ad.php?t=37621>

That thread was about people who supposedly enter other people's dreams and torment them. I like to keep an open mind, and was willing to at least consider the possibility. If there were people capable of such things, then I reasoned that DV would be a good place for them to find targets. Many people, including myself, keep detailed dream journals on this site. I figured the DJs would allow any of these Night Stalkers to read about their visits afterwards.

Being a LDer with many years of experience, I arrogantly assumed I would be able to handle any such visitors with ease. So I put out an open challenge to any of these "Night Stalkers" that might be lurking the forums in the hopes being targeted. I was really cocky about it, repeatedly calling them out, calling them names.

Before very long, it appeared I had gotten what I had asked for. I still didn't really beleive it at first, and figured those dreams were self induced. But the thing was, I was consistently getting my ass kicked in those dreams, night after night. This was odd, because I rarely lose a dream fight, especially when I'm lucid. But to get my butt whooped almost every single night was unprecedented in my dreaming.

It was a perplexing situation, because I considered my LD skills to be superb, especially when it comes to smashing things. But these opponents in my dreams could take anything I threw at them, which was starting to frustrate me. I started going over those dreams in an attempt to find out what I was doing wrong, or what I could do differently to turn things around. My best lucid tricks were totally ineffective.

Epiphany

These dreams continued night after night, with me trying to defeat these people and having no luck. As the dreams progressed, I began to notice how these opponents were able to defeat me. That's when I saw that we weren't playing by the same rules. I began to watch what it was they were doing to me, or rather how they were doing it, and I began to emulate them.

That's when things started to turn around for me, and I started win dream battles again.

The Difference

The problem I was having before was that I was attacking them directly, while these so called Night Stalkers were attacking me inderectly. In fact, I had mistaken their attacks as thier main weapon, but it turns out their true weapon was how they manipulated my attention. The attacks were just an incedental result.

Now a lot of people say that since it's your dream, anyone who enters it can't hurt you. And this is true. But what they can do is use your dream against you.

I was just flat out attacking, but these NS would build up their attacks with an almost theatrical flare. Instead of just letting loose with an energy blast like I would, they would hold the charge, letting it fill my senses in a manner that captivated my attention. Being so focused on what they were doing, it became part of my dream, and thus real for me. My direct attacks were to easy for them to ignore, and thus had no power over them.

As I got better at thier style of combat, they would actually compliment me on maneuvers I would make. Winning these dream fights all came down to coming up with innovative ways to capture you opponent's attention.

After getting the hang of this, the resulting dreams I had were indescribable, yet thrilling beyond words.

The Players

There were the same two people that kept showing up and attacking me in this manner. I call them Gimpy and the ThumbMaster. They each had their own unique styles which helped to tell them apart.

ThumbMaster: This guy's main technique was assuming the role of torture interrogator. He would constantly demand answers to inane questions that had nothing to do with anything. In retrospect, it wasn't the questions that were important, but rather the tone they set. By demanding questions of me (he wouldn't even wait for an answer before asking his next question), it created an interrogation setting in my mind. Just by asking questions, he was able to create an atmosphere where he was in charge.

He also had this brilliant torture method where he would run his thumb along the muscles and ligaments in my shoulders finding painful spots and pressure points. He never actually hurt me, but used jsutt enough pressure to let me know he coud hurt me at any time he wanted. And that was the most important part. His masterfully directed my attention causing his torture to become the main aspect of my dream.

Gimpy: This guy was was less skilled than the ThumbMaster. He prefered to assume the role of an indestructible psycho killer who stalks you relentlessly. In fact he preferred the threat of chasing/stalking to actual physical violence, and would let me get away so he could continue with his relentless stalking. He was creating a scenaio of fear, which was much more important than actually attacking me.

THis guy was nigh indestructible, and nothing I threw at him would phase him in he least. THis was very annoying for me because I still had a thing for direct attacks.

One night, when nothing was working on this guy, I remembered something I had read in one of Castaneda's books about a weak spot on the energy body. I performed a special attack and managed to hurt him. I'm not telling what I did or how, but afterwards, I had the impression I actually hurt him. It wasn't just a dream attack, I felt I did real lasting damage to a real person. Not just to his dream body, but to his real body.

I asked around a month or two later if anyone had encounterd a DC that fit his MO, and also had a limp. Two people reported seeing a limping DC that behaved like Gimpy. They both reported that he had grey hair.

I seriously think I hurt that guy for real.

Real or Not?

From those series of dreams, I devised my three rules of dreaming. Everyone says I likely induced those dreams myself, and initially, I thought that was the case as well. But after going over them again and again, they are distinctly different from normal dreams.

For starters, normal dreams follow these rules without exception. I'm able to trace back where things came from as a result of what I had my attention fixed on, and more importantly, my attention would wander around naturally.

But in these shared dreaming encounters, I wasn't in control of my attention, they were. Even when I'm not in contol of my attention, I can still recognize the natural progression as it moves around, and recognize what drew my attention to certain things. But when I interacted with these two people, they were the ones that were directing my attention in a most unnatural manner.

The difference to me is very clear, and my dream dreams have not unfolded like that before or since. Keep in mind I have 15 years of DJs to compare these against. I'm not making this up because I want to be special as many people say. I'd much rather take full credit for discovering these rules, but unfortunately, they were demonstrated to me by other people. Furthermore, those rules were the last thing I was expecting to discover. I already thought I know all there was to know about LD fighting, so I was quite surprised to find that I didn't know the first thing about dreaming.

Questions.

What is a Night Stalker's True purpose?
Initially, I assumed they were just shit disturbing greifers, much like you will find in any online video game. People who delight in tormenting others. That may be the case, but I learned such a great deal from those encounters, I'm wondering if their true purpose was to teach. And if not teaching, then for practice. The learning curve was just so much higher interacting with them than in my subsequent dreams where I'm exploring these concepts by myself. You have not only your attention to deal with, but someone else's as well.

Why terrorize dreamers?
Either for teaching or for practice, it creates a scenario where the rules of engagement are implicitly understood. Fight or Flight, things couldn't be simpler. There is no need to set up rules or goals, which saves a lot of time.

Do they know how to cause real damage?
Either they know how to hurt people for real, and choose not to, or they have no idea how to do that, and I just stumbled upon it as a fluke. Were they trying to teach me and I took things too far? Or was it something they just didn't know how to do? I'm thinking they don't know how to hurt people for real. Mainly because I took to these practices like a fish to water, and it wasn't long before I consistently outclassed them in a very short period of time.

...

So there you have it. Send the guys with the butterfly nets to stick me in a padded room. As crazy as it sounds, the rules that came from it work, all the time, every time. Frankly I'm amazed at how little opposition this thread has gotten. I have to assume it's because these rules are so self evident, you can't argue against them, which is why I'm leaking this dirty little secret now.

Q: "Cusp, have you considered the possibility that they are inorganic beings who are feeding off of your attention?"

They were too clumsy for IBs. They made very human mistakes. You could see when they lost lucidity or focus. One minute they are hunting me down, the next they get distracted by something in the dream. Plus the timing matched my challenges exactly.

Q: "Come on, Cusp.. lots of different types of IBs in-dreaming.."

Perhaps, but IBs aren't likely to suddenly lose lucidity like that. That's a human failing.

Q: "Well.. I would beg to differ about that.."

I'm still quite sure they were real people rather than IBs.

*Q: "Did they teach you how to stalk?
and are you saying these are people IRL that have mastered their dreaming skills so that they can enter other peoples dreams?
If you know how to do it, enter my dreams anytime from tonight to next friday night. THAT INCLUDES ALL YOU OTHER NIGHT STALKERS TOO!!!!
Oh and Cusp, I see you're over at astral [dynamics.com](#)
Do you believe in that too?"*

No, I don't know how to do that. Yet. But I'm a lazy bastard. I'll get around to it eventually.

In regards to the AD site and OBEs, I'm not sure what I believe. I tend to think it's just a dream, but I'm starting to think RL is just a dream as well, so who knows? But I have very little experience in that area. I just go there to get the hippie perspective from time to time.

Dream Sharing scenario

*Q: "haha ok fair enough.
Anyone heard of that bigfoot being captured thing goin around?
Good example of the attention thing. I just wonder, if they went to the media and said "we found bigfoot" and they were like "yeh we don't care", nobody would ever bother trying to create these hoaxes.
Tell the truth Cusp it was you wasn't it? haha nah but what is that rumour/hoax thing you were going to do? thought of it yet?"*

Not yet. Really I just wanted to put that out there because it's a good analogy of how dream control works. There is very little difference in what's happening with those stories and what happens in a dream. They are both active on so many levels, it's hard to get a clear picture of of how much impact they have.

The Dream Sharing Scenario

Now as for this shared dreaming nonsense, I don't expect most people reading this to believe it. If you don't that's fine, but for the sake of this discussion, consider it a theoretical scenario. The implications of those three rules of dreaming under those conditions, where two dreamers are interacting, are just easier grasp. It's easier to learn to play chess against an opponent than by your self. Your biggest opponent is yourself, but it's hard to imagine how much we work against ourselves in dreams. The idea of an opponent helps clear things up.

Someone just posted this dream about a lucid DC. To me this looks like an example of some possessing superb knowledge of dream control. Just consider the possibility, it makes it easier to identify specific instances or opportunities for dream control sequentially. Wether they are actual shared dreams or not doesn't change how these rules shape the dream in the least.

*Q: Last night, I had an LD where I think one of the dream characters seemed to be just as aware of it being a dream.
I was in my front yard and I got lucid, probably from an RC, can't exactly remember. I approached a girl standing in my front yard and asked for, well, I'm sure you all know. Her reply was to grab me and throw me straight over into the neighbor's driveway! She had enough strength to lift me from the ground over her head! It popped into my mind that she was probably as lucid as I was, as I layed on the ground. I looked over the wall that's in our neighbor's driveway and she walks away, and in her place a bear appears and attacks me! The bear comes to my right and takes a missed bite at my right arm! I run from it, shoot at it, and soon two are following me. I run into the other neighbor's yard, stop near the pool, and one of them falls in. I pull out a pistol and start shooting the other one as I run for my yard. I climb up on the swingset ladder, and shoot the other one dead as it's on its hind legs behind me. Soon after, a dinosaur comes from across the field and that wakes me up (or gets me into an FA, can't remember exactly).
I could be wrong, but I think the DC was probably lucid and did this as a reply to my proposition! There was just something I suspected that she made the bear appear, so it would attack me.
Or it could be that I read about one childhood nightmare about a bear being in the closet during a WBTB.
Did you ever have the experience of DCs having as much control over the reality as you do?*

Q: Her reply was to grab me and throw me straight over into the neighbor's driveway! She had enough strength to lift me from the ground over her head! It popped into my mind that she was probably as lucid as I was, as I layed on the ground.

That would seem like a normal reaction for any good lucid dreamer. But let's consider that this girl really knew what she was doing, and she also knew this guy was a fellow dreamer. She knows it's a shared dream even though the doesn't. And he's pissed her off enough that she wants to make an example of him.

In order to ensure that he receives his lucid butt whooping, she wants make shure he doesn't wake up. Spinning is often thought to be a good way to stop from waking up, because the intense motion helps creates additional focus points to keep things stable.

Picking the guy up an throwing him would have the same effect as spinning, keeping him anchored, or even trapped, in the dream. It's actually much better, because spinning is too disorienting. Flying through the air and crashing into hard pavement is going to make things feel pretty damn real.

Q: "It popped into my mind that she was probably as lucid as I was, as I layed on the ground. I looked over the wall that's in our neighbor's driveway and she walks away, and in her place a bear appears and attacks me!"

In a shared dream scenario, that would be a superbly skilled and stylish use of the second rule. She knows that she doesn't even have to bother dealing with this guy directly. She provides him something that will completely capture his attention, and she knows it will grow out of control as a result. Which of course it does. The guy focuses on the bear so much, it splits in two! Everything after the introduction of the bear element is a clear example of attention growing out of control as a result of the second rule. The scariness of the bear probably invokes the emotional element of the third rule as well, making it even more effective.

Maybe the bear was just a result of him reading about it, but I submit that people don't necessarily see the same thing during shared dreaming. All she needed to do was create a general purpose localized threat, and his dreaming attention filled in the details. Nothing trumps the fundamental rules of dreaming. Everything we experience is a direct result of our own personal schemata.

Q: "Wasn't there a general rule that things in dreams when lucid, are like you expect them to be? As in, when you eat a chicken it will taste like what you think chicken tastes like."

Sort of, really it comes down to what schemata you have active in you mind, which is not necessarily what you might be expecting.

For instance, the word "NOT" has very little meaning in your dreams. If you were to say to yourself in a lucid, "When I open this door, there is NOT going to be a blood sucking vampire standing there!". The "not" won't help since you've already invoked the image of the vampire, which in all likelihood is exactly what you'd find.

Q: "But then again, some of your other stated "rules" aren't exactly 100% valid either."

Well that's pretty vague. If they don't seem valid, you probably just don't understand it yet. Tell me what you have a problem with, and I'll do my best to better explain.

Q: "This is one of the things that make me believe in Shared dreaming, as there is no reason for her lips to taste like peach, and I'm sure as hell my pillow doesn't taste like

peach."

You should read up on Archetypes. There is every reason for her lips to taste like peaches! Peaches have a very fundamental feminine association. It can mean boobs, or even the fuzzy peach.

Q: "wouldn't your dreams reflect your beliefs whether or not they were true? Isn't your mind going to introduce these concepts in your dreams as you understand them?"

Knowing that's the case is the first step to avoiding that situation. But this thread has nothing to do with belief, I'm not asking anyone to believe anything. Besides, this is not what I was expecting to find. I already thought I knew everything about lucid dreaming before I started this. I've since had to start over from scratch and relearn everything. Wouldn't it have been easier to come up with a scenario that that matched my pre-existing body of knowledge? It sure would have taken a lot less work...

It's not just in my dreams that reflect these rules, it's every dream, every time. I didn't make them up, they were already there waiting to be discovered. Show me any dream that was recalled with enough detail, and I'll be able to walk you through it's development step by step.

If I am delusional, then as a self fulfilling fantasy, you gotta admit it's pretty tight.

Or maybe you believe I'm making this up. Especially after that post I made about rumors. I am one of the one responsible for keeping that Night Stalker thread alive. Perhaps the shared dreaming thing is my rumor. In which case, that would make it an incredible example of my rules for dream control being applied to the to the waking world.

I maintain that I'm just trying to describe the truth as best as I can see it.

Q: This morning I was lucid for the longest time ever. And I lost my lucidity 5 seconds after thinking that...
As soon as i became aware of the length (even though it might've been a short period, since we all know time can get funky) of my lucidity, it started wavering.
Before it had been very constant, almost as if i was not aware that i was lucid, even though i was. One could argue that it was semi-lucidity, but that's not what i felt (remember). I remember being fully lucid. I was lucid, but didn't put attention on the time. Almost like when going into a trance i learned how not to pay attention to salivation and then i didn't need to swallow anymore. The most stable one I have ever had . . . until that one fateful thought.

Sounds like a less extreme form of introversion, without the waking up.

- **2 - Introversion:** The dreams realizes they are dreaming and are so amazed, excited and thrilled by this fact that they focus all their attention on that thought alone. What that implies, the realization of what's happening, what's possible, all these thoughts direct a sudden rush of your awareness inwards to deal with all these mental machinations, which creates a corresponding vacuum in the dream around them. With no attention to sustain it's self, the dream collapses and the dreamer wakes up.*

Q: "It seems that to lengthen my lucidity, I need to push the point of introversion as far as possible until i get rid of it."

You might not have to get rid of it, you could try to balance it out. I'm sure if you had that thought while you were running, you wouldn't have had that problem. Of course it's kind of hard to stop those kinds of thoughts from arising at the wrong moments.

But there is a process to waking up. Things fall apart first, and if you can catch that happening, you might be able to counteract it.

WARNING!: Fourth rule incomming!!!

Lol, I started off with two, now I need four.

Actually the new fourth rule isn't anything new. It's been an integral part of this discussion all along. I just feel I need to stress the importance of schemata and personal representation systems. It definitely needs it's own rule. But that's the last one!

I'll figure out how to word it later, because really it's part of rule 2. Or maybe it should be a sub rule to rule two. Or maybe I should just get some sleep (and hopefully some practice) and worry about it tomorrow.

Q: "A question about the emotions: What if you meet a person you're in love with in your dream? How will it affect the dreamscape?"

Your love for that person will cause them to become a central element of the dream, and the rest of the dream will form around them. This turns out to be a thorn in your side more often than not. You will have nice dreams sometimes, but if you've ever gotten into an argument with that person, that scenario stands a good chance of playing it's self out again (or some approximation thereof). Your concern for their welfare or safety will also manifest unpleasant scenarios.

If you keep a DJ, do a search for "mother" or "father" or anyone else you you love. You'll find that the majority of the time, the dream goes bad in some way.

You need freedom to act in a dream, and people like that will tie you down.

Q: "Had an amazing lucid this morning. Just indescribably vivid and beyond real. When I reached the point of introversion, I could feel it. Feel my awareness reaching inwards and lack of focus on the dreamscape. I took this as a cue to give my mind as much sensory input from the dreamscape as i could and i stabilized my lucidity. When I started losing it I was holding snow in my hands. It seems that every time I have something in my hands (strong sensory input) my lucidity does not end in me waking up (unless its a false awakening), but in entering a new dream, though i've still lost my lucidity almost every time."

THat's awesome! I'm glad it's working for you. Feeling it like that is really important in ways I can't describe at the moment. I know what you mean by losing lucidity. Often I will relinquish my lucidity in order to stabilize the dream, and forget to get it back. Trying to focus lucidity seems artificial at times, and it can be good to slip back into natural dreaming to stabilize things.

Starting a fresh new dream after the point of introversion is only natural. Things were fading away, and there was likely not much left of the original dream. So the dream has to start over, building off of what you have your attention on. When that happens, try to see how the new dream is related to your area of focus that salvaged the dream.

...

I've been a little lax with updating this thread the past few weeks. Had a bad case of writers block, and a loss of focus. I have three articles in the works for this topic which I'll finish soon.

Plus I haven't been lucid in well over a month, but broke that streak last night in a lucid where I concluded that dreams are no different than reality.

To give a recent example, I saw a guy yelling at a little girl yesterday who was about the same age as me niece. Now my 19 month old niece is currently obsessed with pinecones (which I think is due to their inherent sacred geometry). So I walk into my building, thinking about my neice because that scene I just witnessed captivated my attention, and there in the middle of the hall is a pinecone. Call it coincidence or synchronicity, but I say it's the second rule of dreaming in action.

My personal schemata associates pinecones with my niece, and by thinking about her, that's the path it took. I've lived in this building three years now, and I've never seen anything laying in the hall.

Q: Cusp, what is it about these two characters that makes you so sure that they are seperate from your own psyche?

It's very simple. They are able to use these dream control techniques I've been talking about, and they don't respond to me using them like a regular DC would.

Q: "So Cusp I have a question. I have little trust in people (emotional aspect) and when I go through my day to day I seem to be on auto-pilot. You know like when you stare into nothingness and your eyes adjust and sort of only see the outline of things, thats how it is for me everyday. So I visually dont really concentrate on anything, theres no attention to detail. I dont talk to anyone unless I need to, im a sociopath I guess you could say, so my interaction to the world is minimal. Going through the day like this and based on what Ive read of your dream rules, do you think my attentive disconnection from the real world would have an impact on my ability to dream control, based on your attention rule? Especially since we tend to interact in our dreams the way we do in real life, as far as behavior patterns are concerned?"

Based on the rules, I would say your dreams would tend to be unstable. Things would disappear quite frequently and there would be very little continuity. Also your ability to spontaneously become lucid would be greatly deminished, so you would have to rely on reality checks and ILD methods to get lucid. You would probably wake up a lot once you get lucid due to this introversion

I don't like talking to people either, but I would suggest trying to increase your awareness. I think that is the difference between natural LDers and those that rely on methods. Naturals are more aware of their surrounding

Q: "I have found in dreams and in real life that if I focus really hard on getting something to happen, it doesn't work. In the dreams, objects don't move, I don't fly. In real life, I get too caught up in the details and lose the overall goal and the lessons any problems are teaching me. However, in my dreams and real life, if I make my intentions strong towards my goal, and let the method be determined by the environment, or the dream, I can and do succeed."

Yep, you have to keep your eye on the prize. Concentrate on you goal, and not how you're going to achieve it. The trick is not to get distracted. There are a bazillion things that can easily distract you, you just have to practice not letting your attention wander.

Q: That is why I brought up Milton H. Erickson, because a lot of what he talks about is how your beliefs assist and restrict you, and how you can change them. That is also why I brought up my theory on thought, because my belief in the answer gave me the answer (thought I didn't recognize it when I saw it), and my disbelief kept the answer from me.
-Jim

Thanks for that, Jimmy! I'll be sure to look into that guy. I've been meaning to look into hypnotism to see how it ties into this. I get the feeling i could use these rules alone to hypnotize someone, but it's hard to find a volunteer who I can approach with this.

Fourth Rule

Thanks to everyone for keeping this thread alive while I've been out of it with allergies, flu and back pain.

Rule #4: There is no random in dreaming. All changes and newly created dream elements follow our own personal schemata and archetypes without exception.

Let's take the ocean as an example. What comes to mind when you think of the ocean? Sand, beach, boats, seagulls, seashells, salt, waves, fish, whales, pirates, fishing, your uncle jim who lives by the ocean, ect.

It would be impossible to make a complete list, because these things we associate with ocean are always changing. But there are main ones that are more likely to come through in a dream than others. If you dream of the ocean, any of those things may appear in your dream. Where did the ocean come from? Maybe there was a travel or vaction theme before that, which has an association with the ocean.

The thing that really makes dream elements seem random is that we can focus on several different things at once, so these influences overlap each other.

Continuing with our ocean example, let's add another element. Say, the general theme of family (perhaps there was a family reunion element earlier in the dream, or even in RL). The associations with family would be Mother, Father, brother, sister, cousins, aunts, uncles, ect.

So now we have
Ocean: Sand, beach, boats, seagulls, seashells, salt, waves, fish, whales, pirates, fishing, your uncle Jim who lives by the ocean, ect.

Family: Mother, Father, brother, sister, cousins, aunts, uncles, ect.

Since Uncle Jim belongs to both those categories, you can almost guarantee he's going to show up in your dreams.

Lets take it one step further and add an third, emotional element. Let's say your uncle Jim is a drunk bastard who pisses you off, maybe even scares you a little when he's really hammered. Other family members who evoke those emotions may show up in you dream. And since Anger and Fear are associated with violence, perhaps the sharks from the ocean theme will start eating people. Actually, they would most likely attack your family members due to the emotional attachment (rule 3).

There are a great many associations we make with each element or theme, but when multiple elements are in play, it's the associations that all of them have in common that will manifest themselves. Each additional element you focus on will narrow down the possibilities.

Psychic Energy?

These last few posts about "Psychic energy" only illustrate the differences between personal schemata. I would say The Enterer has a broader and more developed schemata of what psychic energy is, while those riding his ass have a much more simplistic set of associations with the term. Words are only descriptions, they are not fact. You have to have some understanding of where people are coming from, and that goes for both sides.

Advanced Vision Techniques and Hypnotism

Visual Representation Systems

This seems to be a good follow up to the fourth rule. Consider the following video:
<http://www.youtube.com/watch?v=svjHkIQhHpc>

According to that vid, people subconsciously look to the top left when remembering something, but look to the top right when required to create a mental image. This seems to be universal for everyone, and could aid with summoning in dreams.

If you wanted to summon something from memory, logically, you should try to make it appear on your left side. You want to create something in a lucid, try to make it appear on your right side.

He also discusses more specific visual patterns (sub-modalities), like how close or how far, how bright/dark, color versus black and white. How people you like or dislike appear, and specific locations of where they appear in your vision. If one were to visualize their lucid dream goals while awake before hand, you could note the visual specifics to try and recreate in a dream. You could create an actual visual mapping system to facilitate you lucid goals.

Hypnotism.

That first video is in response to Darren Brown's NLP (Neuro-Linguistic Programming) system. Watch any of the associated vids to get a better understanding of what is happening.

I've suspected that these rules could be applied to hypnotism, and this Darren Brown guy uses every one of my rules in his techniques.

I consider this next video a great analogy of what happens in dreaming. What's better is how he applies it to the waking world, seemingly confirming my hypothesis. They break down how he does it at the end, and it's sheer genius.

<http://www.youtube.com/watch?v=befug...eature=related>

...

I haven't updated this thread in awhile because I've been busy experimenting in my dreams. Everything I've talked about so far I've verified thoroughly, but as this discussion progressed, I was moving into theoretical areas which I wanted to test out before I came to any conclusions. It's slow going, but I'm still working on it.

So far the visual techniques have provided me with the best form of control. Simply looking around is the most powerful form of control you can perform, and you will never gain true control unless you understand that.

I also just applied to be a guest on Coast to Coast AM. I know George Noory is into dreaming, and the shared dreaming elements as well as applying those rules to the waking world is a perfect topic for that show. Wish me luck!

Q: As you said, something that exists might take influence on your world. If things exist outside of your attention, there are most likely a great number of them since it doesn't make much sense that the only thing existing outside of your attention might be a football or something like that (even if there are few things existing outside of your attention, that itself shows their insignificance). If there are a great deal of things existing outside of your attention, it is very likely that at least one thing would somehow influence your world. Thus if you find your world being influenced in a way that doesn't make sense given what you are paying attention to, for instance you're eating dinner and a car drives through the wall, you can conclude that things exist outside of your sphere of attention. If you can find no evidence of such occurrences, you cannot conclude rule 1 absolutely, but with a good amount of certainty, as much as certainty as you may have concluding just about anything about dreaming.

I never thought of it like that, that's a good point.

Q: I disagree, Valwen. Not in the conclusion that if one thing exists outside of your attention, then many things do. That is fine logic. What I disagree with, is saying that if you are eating dinner and a car crashes through your window that you can conclude things exist outside of your attention. You most certainly can't conclude that. All it means is that a stray thought conjured up a car. Your dream-world is not an independant holo-deck program. It is not it's own scape, or even some realm that exists in your sub-conscious with it's own little realities. At least, I'm fairly certain that it's not. In context of our dreams being synapses and thoughtwaves, something requires our thoughts to exist in a place entirely made of thoughts.

In that scenario, you're eating dinner. Presumably you have a window for the car to crash through. What's outside that window; your yard, your driveway (with your car perhaps), and both of these lead to the street which is made for cars...

All it would take is for a noise outside to capture your attention. Then you listen more to figure out what it is, maybe you hear some tires squawk or an engine. Mix in an element of tension or danger, and voila, car through the window.

There is a clear cause and effect chain that is anything but random. Once you recognize what is happening naturally in a dream, you can use it for control.

Hell Realms

I stuck this in the beyond dreaming section, but it really belongs here. It's about how different people could each individually recreate the same dreamscape.
<http://www.dreamviews.com/community/...ad.php?t=70716>

Why do we become lucid?

If I had to sum up the control techniques I've been trying to explain, it would be "focused awareness". Even if you're not purposely doing it, it's still happening anyways. The things you are aware of build your dream world. So in essence, it's safe to say that dreaming is all about awareness.

Clearly, some people are more aware of their surrounding than others. I would go so far as to say that those who have a greater awareness are generally more successful in life. Adults are obviously more aware than children, yet children develop into adults. Awareness is something that grows with us. What's important to note there is that it can grow. It can also decline or be suppressed by things like alcohol.

Lucidity is a byproduct of heightened awareness.

Naturals

So called "natural" lucid dreamers simply have an above average awareness. But even naturals have room for improvement. Plus this type of heightend awareness is not neccesarly a constant thing. It can wax and wane.

Techniques

There are a ton of methods to become lucid. It seems someone invents a new "ILD" method at least once a month, which really cracks me up! These techniques do work to some degree, but there are so many available to choose from, it can be a daunting task to choose one.

The sheer number of techniques is too messy. There just shouldn't be that many. Yet they all do work. To simplify things, let's consider what they all have in common.

Be it plain old reality check where you stop to look around, plugging your nose and trying to breath, trying to put your finger through your hand, or waking yourself up to think about lucidity before going back to bed, the one thing they all have in common is that you break away from your regular routine and become more aware for a short period of time. The varied techniques just give you a focus point for that awareness.

It's this momentary increase of awareness that trains you for lucidity, not the actual technique. Like with any other muscle in you body, the more you use it, the stronger it becomes.

Dream Yoga

I found out a bit about buddhist dream yoga recently, and at heart, it seems to be just an extended reality check. Instead of just giving up once you know you're not dreaming, you try to sustain that heightened awareness. It would seem to me to be much more effective than doing a random technique a few times a day. Going with the muscle training analogy, it's more like a full workout rather than a few sit ups.

When you're getting close...

As your awareness grows closer to the critical mass required for lucidity, you should start to notice signs that your efforts are paying off. A lot of people get really close without realizing it, which must be really frustrating.

Here are some signs to watch for that might indicate you're getting close to becoming lucid.

- Talking about lucidity or dreaming with DCs, or even just thinking about it.
- Recognizing that you've dreamed of something before.
- Using powers from previous lucids without being lucid.
- Waking and re-entering the same dream.
- Recognizing that things are weird or not right, but still not getting lucid.

There are a ton more, really it could be anything where you get close to lucid. Watching for these signs in your dreams can let you know when you're getting close, and a lack of them can let you know when it's time redouble your efforts or try something new.

Q: @TheCusp. But in what way would you become "more aware" of your surroundings simultaneously? You'd start seeing more things around or what? Either you're aware that you're asleep or not

Q: Awareness is what you want to have in dreams and it's either present or absent, but not somewhere in between. It's like being dead or alive, either you are or you aren't.

Everything that is alive is aware of it's surrounding to some degree. A person is going to be more aware than something like a worm. An adult is more aware than a child. There are varying levels of awareness. Lucidity is just a road sign to let you know where you are at. "You are now entering Lucidville, Population: you!"

Ever been in a fight? In those moments before it happens, when you it's going to go down, you become hyper aware.

Ever been hungover? No so aware.

Now I'm going to have to write a piece about what awareness is, and that ain't gonna be easy! Suffice it to say for now that there are different ways to deploy your awareness. You could have an expanded peripheral vision, zoom in on something in a sort of tunnel vision, become hypersensitive to sounds or smell. You can focus on one thing so much, it doesn't leave room for you to be aware of anything else.

For instance, I'm certainly not aware enough at the moment to tackle this subject. Or perhaps it's just that my thoughts are too scattered at the moment, and I lack the proper focus. Either way, I'm not ready for this just yet.

RL magic explained as a method of Dream Control

Magic is using the dream state to your advantage

So far I've tried explain how dream work in general without getting into too many specific methods of control, and also touching on how they might apply to real life. Now I'd like to do the exact opposite, and show how to use RL methods of control in dreams.

This stuff is still new to me and I've been having a hard time conceptualizing different ways to focus my awareness. Fortunately, the idea that reality is a dream is thousands of years old, which has given people plenty of time to figure out how to use it.

Any type of magic that might actually work could only function as the result of life being a dream, and would use the rules of dreaming. So I'm going to explain how every single type of magic works.

I don't expect anyone to actually believe me when I say that life is a dream, all I ask is you consider the following an analogy of dream control. People once believed the sun and moon were gods. The type of magic I'm talking about here is the kind that can turn a god into a cold rock or ball of burning gas. Which is still pretty powerful stuff, depending on how you look at it, which is exactly the point.

Magic, There can be only one...

Any type of magic that could possibly work in the real world does so only because life is a dream. Therefore, they should work exceptionally well in dreams. There weren't as many types of magic as I thought there were, but each one makes for a perfect method of exerting control over your dreams. If you understand what's happening.

Shamanism.
Might as well start here, since shamanism is where I learned of LDing. I'm going to use Carlos Castaneda as an archetype for the genre, which in essence about controlling awareness. Wether his particular story is true or not, there is a goldmine of info in there on how to skillfully work with awareness.

It does mirror a lot of what I've been trying to explain so far, but is based on the ability to see energy directly. He also claimed that our wold was just one of many, existing along side each other like the layers of an onion. The world we inhabit is just the result of a habitual way of deploying our awareness. I only recently understood that by figuring out how identical hell realms could exist for different people.

(Hell Realms) <http://www.dreamviews.com/community/...ad.php?t=70716>

One last thing from Castaneda's work I'd like to note is a distinction he makes between the Sorcerers of Antiquity, and Modern day Sorcerers. The old school wizards were hellbent on replicable results, and developed overly elaborate rituals and methods to obtain them. The modern day sorcerers are more about kicking it free style.

Make that three...

Stage Magic
Your run of the mill stage magic works pretty much exclusively with the first rule of dreaming. Everything requires your attention to exist. Mix in a bit of redirection, and that's all there is to it really.

Your dreaming attention is what fills in the blanks for optical illusions, in the exact same manner as things get created in your dreams. Magic is using the using the dream state to your advantage. While stage magicians perform mere tricks, there is still some magic in what they do.

Next we have the three basic types of magic distinguished by anthropologists:
(Italics taken from here: <http://www.articleswave.com/articles...-of-magic.html>)

Homeopathic Magic

Homeopathic Magic is based on the assumption that like produces like. It means that if some form of action is performed on something, it will have a same impact on the intended real thing.

This school of magic clearly all about rule 2.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

Sympathetic Magic or Imitative Magic

Sympathetic Magic on the core principle that if it is performed on some object(s), the same would happen to the person or object which is under influence. The relation is made between the objects based on the presumption that one can influence something based on the attachment.

This school of magic takes advantage of the third rule.

3. Any new elements or changes follow strict personal schemata and archetypes.

These schemata and archetypes are the sum total of links between one main theme or object, and the things related to it that define it. This school of magic works directly with those links.

Contagious Magic

Contagious magic supports the notion that if a person has contact with certain things, they will influence the person who is under contact with those things. The most common example of this type of magic can be seen in use of voodoo dolls. Voodoo dolls are attached with a part of fingernails, hair or teeth of the targeted person. The voodoo doll, then is assumed to be the person himself and it can be used of to hurt the victim. This type of magic falls under black magic, since it is practiced to cause harm or injury to others.

All rules in play for this one.

Rule 1 Everything requires your attention to exist:
Good focal points to make things real

Rule 2 The more attention you give something, the more related detail it creates: Again good focal points.

Rule 3 Any new elements or changes follow strict personal schemata or archetypes: Obvious associations present.

Rule 4 Strong emotions are a powerful force in shaping your dreams:
Emotional element Involved.

Who's counting? Getting even more specific

Divination

Seeing or predicting things under divine influence and intervention.

That definition kind of blends into ESP, so let's take Dowsing as typical example of divination. Finding water with a stick, classic! Lets start with an excerpt from this article on brain function to better understand what's happening(<http://discovermagazine.com/2009/feb...ing-us-smarter>).

...What’s even more remarkable about our brains is that they actually search for new things to make part of this feedback system. Imagine you are poking a stick into an animal’s burrow. As you poke away, you are aware of what the far end of the stick is touching, not the end you’re holding in your hand. This kind of extended sensation appears to be the result of a reorganization of the brain. Scientists have found that when test monkeys spent five minutes learning how to use a rake, some of the neurons in their hands began behaving in a new way. They began to fire in response to stimuli at the end of the rake, not on the monkey’s hand. Other neurons, in the brain, respond to things that appear to lie within arm’s reach. Training the monkeys to use the rakes caused these neurons to change—reacting to objects lying within rake’s reach rather than arm’s reach.

Like the magic wand, or even pointer sticks used in schools, the dowsing rod is simply meant to focus awareness. Not some mystical magical energy, just plain old awareness. I think that's why there are so many old paintings of Jesus holding a magic wand. To show that he was focusing his awareness. Any of his miracles would be easy to do in a dream.

While following a stick around may seem like a useless dream skill, I think it could be both a useful and fun way of finding things or people in dreams. Up until now, I haven't come up with a reliable way of finding people for my shared dreaming attempts. I think using this stick method will help with that big time!

Ceremonial or Ritual

This depends on religion to religion and is generally performed for both positive and negative purposes. This involves but isn't limited to removal of spirit possession, prosperity, injury to some party or parties, better next life form, etc.

These types of magic work within certain predefined contexts, as allowed by the third rule of dreaming. People expect magic to follow unchanging physical rules and work like a machine. But the rules it follows are schemata and archetypes.

Take the Crowley type of cults, Order of the Golden Dawn ect. It involves reading and memorizing tons of books about gods and demons, which they invoke in their rituals. It's everyone learning the same stories that creates the common ground where the magic can happen. Buy building up specific archetypes, they are able to come up with ways to use and manifest them through ritualized focus of their attention.

It's the same kind of magic that allowed for the rise of rap music. They created a complex culture or system, complete with awareness focusing techniques to make things happen within that system. Successful hip hop artists are magicians are sorcerers. Explicit knowledge of that system give them the ability to make things happen within it.

It's basically like a religious person calling of Jesus to save them in a dream. Of course going to come to someone with a well developed religious archetype. But you might not always want jesus's pacifist style. If you were to familiarize yourself with greek mythology, you would have a whole array of gods you could call to, each with unique bents of character and specialties. If in a dream you have slow legs or need to run faster, invoke Hermes, or even the Flash for that matter.

But it only works if you know hermes is supposed to be fast with those winged sandals on his feet. If you don't know Thor is the god of thunder, you won't be able to use him to strike down your enemies. They require a well developed, stable schemata system to function in.

Thaumaturgy

Thaumaturgy is a term which denotes the art of magic which invokes supernatural powers

Good old Invocation!
Equivilant to yelling lucid commands (More light!) but with the power of a god behind them, and is just a more simplistic and focused form or ritual. Lucid commands fail because you have no well developed precedents for doing impossible things to draw on. Invoking specific gods, saints, whatever with a solid background to them is a lot more reliable.

ESP

ESP is the power to perceive things which are not present to the senses

That definition is a little vague as well. But it seems to be awareness focused in a certain way and the good old dream rules. Remote viewing could be explained by the second dream rule, the more attention you give something, the more related detail it creates. Which describes precisely what happens with remote viewing.

Theurgy

Theurgy is a part of white magic performed with the help of spirits. It is basically performed by Neoplatonists to bring in supernatural or divine intervention in human affairs.

Another form of Invocation within predefined set of archtypes.

Tantra

Tantra was introduced by Hindu and Buddhist religions. Tantra involves use of elements such as mantras and mudras (spells) from Vedas (sacred texts) recited for getting things done magically.

An even more basic form of Invocation, functioning in much less developed, simpler archtypes.

Voodooism

Voodooism is a religious cult which involves use of voodoo dolls, witchcraft and animistic deities for inflicting effects on selected targets.

Voodoo in and interesting one in that it's so brutally simple and direct. I find voodoo one of the best schools of magic that applies directly to dreaming, and it uses all four rules very well.

First you have the freaky fetishes that are meant to capture and focus your attention. They are usually made from bone, feathers, dead things, invoking the image of death and using the emotion fear to fuel the magic. Voodoo dolls are a mere focus point for your attention as well.

They say voodoo only affects you if you believe in it. That's not quite true. It only affects you if you focus on it. That's why the general tools of voodoo are somewhat theatric in nature. You don't need to believe you've been cursed, but if you think about it all the time, that is the curse.

Alchemy

More than magic, alchemy was considered to be a science, very rare people new during medieval times. Alchemy was supposedly performed by alchemists who had the ability to turn ordinary metals into gold.

There's a lot of hogwash out there when it comes to alchemy. First, it's lead into gold, then nooooo, it's transmuting yourself, then there's all this philosopher's stone crap. None if it sounds like dreaming to me, but the general theme of alchemy is transmutation.

Transmutation makes a pretty kick ass dream skill, but I don't know enough about alchemy to find anything that applies to dreaming. I guess intense emotions would be the best way way to transmute things.

Although if you're into Calvin and Hobbes, you should have enough of a well developed schemata in that area to make a working Trangmografier in your dreams.

Necromancy

Necromancy involves conjuring up the dead for prophesying or delivering a sermon. Necromancy is performed along with use of evil spirits to produce supernatural effects in the world.

Ok, I don't know how reanimating corpses has anything to do with dreamng. I suppose it could be a fun in a dream, but not very productive or useful overall. An undead army could come in useful now and again, but they are just as likely to turn on you. Plus it implies even worst things for them to fight.

I will say this about zombies, they don't reproduce through infection, bites or viral diseases. They multiply through attention they command, which is true in dreams, in movies, and even accounts for the existence of so many zombie movies.

As for working with dark spirits, just more invocation within a predefined system.

Occult

Occult means beyond ordinary understand and which is difficult and hidden to see. Chaldean, in the occult philosophy is referred to the person skilled in occult learning.

Well, that's a little general to work with. But then I guess it can be difficult to see how life is a dream.

Prayer

Same as most of the other magics, invocation within a predefined system.

Conclusions

-Devices that focus your attention in dreams can be useful. Using a magic wand as a general purpose tool while dreaming should in theory make everything easier.

-Taking advantage of well established systems and archetypes will greatly increase the chance of success for whatever you are trying to accomplish. They can also provide links to things that might not otherwise be accessible to you.

-Understand how focusing your awareness, like on a voodoo doll, fetish or totem, affects dreams through the second and third rule of dreaming. It doesn't have to be a voodoo item, it can be anything in your field of vision.

There was too much ground to cover here to go into as much detail as I would have liked, but I'll be happy to answer any questions.

Here's an article on attention.

<http://blog.wired.com/wiredscience/2...ntionlost.html>

A couple more articles.

Attention and Awareness in Magic: Turning tricks into science
<http://www.nature.com/nrn/journal/va...l/nrn2473.html>

Magic tricks reveal gaze and attention not always linked.
<http://bps-research-digest.blogspot....ction-and.html>

And this short video, The psychology of attention in magic.
<http://www.scienceblog.com/cms/blog/...gic-18398.html>

Confidence

Some common advice on dream control is to be confident in what you're doing. I've never understood how you are supposed to be confident. I always thought of it as something you do, like straightening your back and speaking in a certain manner.

I now realize confidence is an emotion, and treating it as such makes it an all purpose tool for dream control. Again, the stronger the emotion, the more effect it's going to have.

Should work for RL as well.

Was an epiphany for me, just never thought of it as an emotion before. Another weapon to add to my emotional arsenal.

Paycheck the movie

I saw the movie Paycheck for the first time last night, and it's all about the kind of dream control I've been trying to explain. Actually, it only uses the second rule of dreaming, the more attention you give something, the more related detail it creates.

Ben Affleck even sums it up once he figures out what's going on, saying something like "By getting me to focus on certain objects, it changes the outcome."

I don't want to ruin the plot for anyone who hasn't seen it, but that movie is a lesson in using the second rule of dreaming for control. It's what the entire plot is based on.

Magical Reality Checks?

In light of what I've learned from RL magics, mainly they all take advantage of schemata in some form, lets take a another look at what happens when you do a reality check. Say you decide to do a reality check every time you walk through a door.

Remember, we're working with systems of associations that define things. For a door, you have the door frame, a door knob, maybe a lock, different styles of door and different materials, wood, metal. The sum total of these things is your conception of what a door is. There are major and minor associations, for instance a door is almost always going to be in a wall, but it might not always have a christmas wreath hanging on it.

What happens when you do RCs everytime you pass through a door is that you begin to forge a new association for the concept of door. A link to lucid dreaming. The goal is to make LDing as much a part of the concept of door as a door knob is. Hell, if you can make it the main purpose for a door's existence, so much the better.

When you dream of a door, it automatically gets assembled according to your own personal concept of a door. By altering that conception and making LDing an integral part of it, it also creates opportunities for you to become lucid.

So doing occasional reality checks is not really enough, you can never look at a door in the same way again if you really want it to be effective. You have to fundametally alter what a door means to you. Which is pretty much the basis behind most of those types of magic I went through earlier.

Containers

I've stumbled upon another little dream control gem. Haven't used it enough to master it as of yet, but I think I've got a grasp on the general concept.

Nothing in dreams is independent, everything is connected to something else in some fashion. People usually don't just dream of vampires, first they dream of a spooky old mansion or castle, which then leads to the vampires (RL influences aside). The beach sand you walk on in a dream of the ocean is not independent, it's fundamentally linked to the ocean. Or both the ocean and beach can be viewed as individual elements of an nautical theme.

When trying to exert control over a dream, sometimes it's best not to treat what you are trying to control as an individual element, but to think of it as part of something else.

Say you have a glass of water, and you want to move the water to the other side of the room. Trying to pick up and move just the water is going to be almost impossible. It's much simpler just to pick up the glass that contains the water and carry that across the room.

The same holds true for dreams. I'm at a loss to come up with specific dream examples, as the dreams I had on the subject were very confusing, but that's how it works. It's basically just a little shift in the way you conceptualize things, but it opens up a lot of finesse for dream control.

Perhaps you'd dream you're in a classic hell scenario. Instead of battling each of the countless demons individually, you could just freeze hell over, taking care of all of them at once. Just like carrying the glass of water.

...

And on an unrelated note, the Feb 27th Coast to Coast AM show got into dreaming, and the guest Rosemary Ellen Guiley really knows her stuff when it comes to dreaming. I was seriously impressed. Her website gets into all kinds of fringe stuff, but damn that woman knows her dreaming. She even got into shared dreaming!

Q: "My main Crit is that:
[Rule #4: There is no random in dreaming. All changes and newly created dream elements follow our own personal schemata and archetypes without exception.] is wrong ...
Shouldn't it be ;
Dreams and dream elements can be produced either by our subconscious (normal dreaming) or by our conscious mind (lucid dreaming).
If you want to create a complete model of dreaming there are probably a few obvious but elementary factors you should note..."

I don't see how your point differs from mine. Both the conscious and subconscious assemble dreams in the same manner, by using archetypes. Since this happens naturally in normal dreams, or subconscious dreams, I'm trying to illustrate how to use that in lucid or conscious dreams.

I just read something about three major types of archetypes. Personal archetypes, which hold meaning only to you, Social Archetypes, which hold meaning to a specific group of people, and Universal Archetypes, which are pretty much the same for everyone.

I think it's important to make the distinction as to which type you're trying to use in a dream, as each one has different implications.

Q: "i read all of it. excellently articulated. so many of my thoughts on the questions of dreaming spellout for me in a few pages worth of info. very well done. and the totality of existance, as you hinted towards earlier up, yields great contemplation too. havent formed a concrete thought about it yet"

Emotional dream control on TV's Fringe

Thanks for the praise and the bump Cam.

Anyone watch the TV show Fringe? Last night's episode entitled "Bad Dreams" was about exercising emotional dream control. I couldn't have asked for a better demonstration of how it works. Even if you don't watch Fringe, that episode is worth finding if you're interested in dream control.

Actually the character in question had a decided lack of control, like someone in a regular non lucid dream, and his emotions influenced the behavior of everyone around him, exactly like it happens in dreams.

I recently learned the difference between REM dreams and non REM dreams. It seems non REM dreams we are less prone to having strong emotions than in REM dreams, where strong emotions run rampant. Of course that distinction is not absolute, it is possible to induce strong emotions in NREM dreams. It's just that generally speaking, dreamers in NREM experience a low emotional state. Which is just as well when you look at what happened to that guy on Fringe last night, also considering the majority of dreams happen in a non rem state.

Q: "I don't watch Fringe regularly, but my suitemate does. I saw last night's episode, though, and couldn't help thinking about this thread in particular. And, yeah, this thread kicks ass. I do have one gripe, though. In your theory that this reality is simply one giant shared dream, how does death play into that? The more I think about it, the less the concept of death, and dying, fits in with the rules. I would go into more detail, but I would like to know your thoughts on this matter first."

Death? Well you see... Ummmmm... Uhhhh... Pffft, I don't know. Never really gave it any thought.

Perhaps it giving up, where you no longer have the desire to sustain certain things with your attention. With sudden death it would be grievous wounds, with old age it would be your broken down body, and with suicide it would be all those shitty things you make bigger than life by focusing on them too much.

After death? Maybe you find new things to focus on? Slip into another dream like the transition between sleep and waking?

Ask me again after I'm dead.

Q: "So are you adding clairvoyance to your list of powers now?"

In the thousands of years mankind has observed the various mountain ranges on the earth, never once have those mountains gotten up and danced the Macarena. Is it not a logical deduction to assume they are not going to get up and dance the Macarena anytime soon?

*Q: I'm not convinced. Theres a difference between mentioning where you learned the info, and laying out the nightstalkers legend.
...and then dream sharing.
...and psychic energy.
...then magic, shamanism and wizards.
Just sayin'*

I don't recall mentioning anything about psychic energy. As for the rest, sure, but you present it out of context. The only point I was trying to make was that those rules of dreaming seem apply to the waking world as well, which would imply that the waking world is nothing more than a dream.

As much as you may claim to disagree with that statement, here you are using those very rules in a RL scenario against me.

1. Everything requires you attention to exist.

That also implies that if you don't give something attention, it will cease to exist.

You're only focusing on the more outlandish sounding aspects of this thread while ignoring the more pertinent points. I've invited you to debate these things, but you doggedly refuse to acknowledge anything beyond your narrow point of view.

2. The more attention you give something, the more related detail it creates.

In every post you've made so far, you're just repeating yourself, adding nothing new or relevant to the discussion.

3. All change and new elements introduced strictly follow archetypes or schemata.

You're attempting to transmute this thread into something it's not by invoking the generalized archetype of psychic phenomena with all it's associated ridicule.

4. Strong emotions have a devastating effect on shaping your immediate environment.

Your derisive attitude is the icing on the cake.

...

Well done! You might have succeeded against someone not as well versed in the subjective nature of reality, but in this thread you attempts are akin to pissing in the ocean.

Q: "how do i redream a dream ????. Please reply xxXxX"

Just think about it as you're falling asleep. Try to remember as much detail as possible, like you're about to write it down in you DJ.

Happens to me quite often when I'm too lazy to get out of bed to take notes on the dream. I try to memorize the details as I drift off and usually end up continuing the dream.

HypnOgogic Imagery could interfere with that process by introducing other random themes, so it's not 100% guaranteed to work. But then again you don't always go through the HI stage, so if you keep at it you should be able to re-enter the dream eventually.

Q: [Everything requires your attention to exist.] "That's untrue. Consider all those cases when you were doing something, and then suddenly a dream character would walk up to you whom you haven't seen anywhere in the vicinity previously. Where did he come from? He certainly didn't require your attention to become existent, he simply appeared and started to act without your invitation."

If it wasn't true, then that would imply that the dream world is a stable world just like RL. That is clearly untrue.

Those dream characters that appear from nowhere do not have a previous history or existence, except for recurring characters.

Where did they come from? They were spawned from personal archetypes or schemata. They did not exist before you layed eyes on them or otherwise conceived of them in some dark corner of your mind.

Q: "Therefore it's not true that everything in a dream requires your attention to exist. Many elements of a dream are enacted subconsciously, and whatever made them existent and whatever makes them act in certain ways is out of control and doesn't operate through your attention."

The initial posts I made in this thread were far from complete, so perhaps I wasn't very clear initially. Your attention is merely the trigger or catalyst. What it triggers are archetypes, so focusing on the ocean for instance could yield anything form sea monsters to tidal waves, anything you associate with the ocean.

There is a lot of randomness involved in which direction those archetypes might go, but emotions do limit the range of possibilities.

Q: "If you had a different belief, things would be different. Take a person in this thread who made a tsunami disappear by ignoring it, it's obvious that it worked this way because he expected it to work this way. In other words, it's normal dream control, you achieve what you expect to achieve."

Saying what you expect to happen actually happens is the single biggest misconception about LDing there is. Even the most experienced LDers experience countless failures while attempting things. If they didn't expect those things to work, they never would have tried it in the first place.

It's not expectations that limit people, it's archetypes. I'm reminded of one of TwoShadows' LDs, where she repeatedly tried to pass through a solid wall but kept smashing into it (that image cracks me up!). It wasn't her expectations that failed her, she tried like hell. It was the well developed archetype that solid objects are just that, solid.

In order to override that particular hurdle, one would need to supercede that archetype of solid matter with one of something less substantial like mist, or something equally relevant to that individual. A physicist might use the space between particles, while someone into astral projection might use the insubstantial astral body.

Saying control relies on expectations is close, yet innacurate.

Q: "So for testing purposes I stared at my hand during a LD. I stared at it and stared, and it proceeded to look the same. I stared more and more, then considerably more, and finally my little finger changed its color slightly."

What did you expect to happen? You succeeded in producing a change in the color of your finger. Hands are a fairly stable archetype. Had you been prone to warts in RL, you might have seen warts. But we experience very few variations in the appearance of our hands throughout our lifetimes. Perhaps if you had focused on the discoloration in your finger and then checked the rest of your body, you might have seen discolorations on the rest of your body as well.

The very first time I looked at my hands in a dream (and only time) I saw various things flashing in and out of existance in the palms of my hands like flipping through the pages of a book, like when you make animations in the corners and flip the pages. There was money, keys, sticks of gum, food, everything and anything I might possibly hold in my hands. That's what an archetype is, the sum total of associations with a certain subject or idea.

I appreciate your attempt at trying this out, but that one example is like saying just because you saw one car on fire, that all cars catch on fire.

I've experimented with this thouroughly in several lucids, as well poured over other people's DJs. Next time instead of your hands, try looking at some squirming insects, even better if they are stinging insects, and see how fast they multiply. The classic tooth dream is a great example if a rather extreme one.

Q: In fact, this method proves that it works in an opposite way: it made my hand look like the normal hand for a considerably longer time that it would if I didn't stare at it uninterruptedly! My last statement can easily be checked by looking away from something in a dream for a while and then looking back at it, in this case the object you looked at will show new details or will otherwise be changed. Interruption does introduce new details, but uninterrupted staring impedes this process.

There, you've said it yourself, you didn't allow for any dramatic change to occur. You were limited to the first rule that everything requires your attention to exist, thereby maintaining a solid image of your hands. I don't think we disagree on how those changes take place. THat's one aspect I never got into much, mainly due to the lack of discussion that took place in this thread. I thank you for speaking up, and also welcome anything else you might have to say on the subject.

Also Arutad, perhaps your focus was too narrow. I was always assuming there were were several elements in play. Perhaps you were so intent on your hands that in that particular dream that everyone of those elements had to do with your hand?

If you want to play with your hands, do it in the cold snow by a warm fire. Then concentrate on your hands switching between the cold snow or hot fire as your secondary focus. It brings in the new element of certain physical sensations which are often absent in dreams unless you are otherwise paying attention to you body.

I also assumed there were themes already play, dream locations, characters, story lines,

ground sky and everything in between.

Then throw emotions into the mix, and you a whole other range of possibilities. You zoned out everything but your hands. You have to let some other element in to work with, otherwise all you're left with is everything requires your attention to exist.

If you were to try with your hands again with only a few elements in play, you'll start to notice the unique range of possibilities every area focus offers, visual or otherwise. Certain themes that you can find or induce in a reliable manner. But fewer elements means fewer possibilities available to you, so having multiple elements in play grants you multiple ways to fine tune your control.

The number of elements in play isn't as important as the ability to balance them out as needed. Or just travel through them, bringing in new elements and letting go the bothersome ones to see where it lead you.

It's in that context I say everything requires your attention to exist, the more attention you give something the more related detail it creates.

...

I thought I was done writing stuff in this thread, but you guys got me thinking about something I asked in my original post, "Do emotions require your attention to exist?"

I'm thinking emotions are ways to focus attention, independent of where your attention is placed. We focus on different specific things in every emotional state.

Going with the ocean archetype again, you have a huge amount of things associated with that concept. If you're focused on the ocean scene enough that it's creating an ocean dream, any number of thing related the ocean might appear. That's a lot of possibilities.

But only a few of those possibilities are going to be associated with strong emotions. This limited number of possibilities creates a predictable result. Emotions are powerful means of change in dreams because they determine or rearrange how you focus on things.

Now I want to end this rambling by saying dream control is exactly like refining a search engine query for something obscure. There are a lot of possible results for both search engines and dreams, most of them spam. But combining the right mix of words or elements you have in play, you can find the specific result you desire out of a seemingly limitless number of overall possibilities. Some elements bring you closer to your goal, some don't help so you remove them from your query.

"The Nature of Dream Control" by The Cusp (Part 2)

I moved this week, don't have easy internet access hooked up yet, so haven't been around much.

Q: Cusp, a related question I wanted to hear some input on: Often, when an archetype comes into play, there is some action in the dream before the switch(i.e. things happen before my teeth fall out). What would you say the delay is due to? The brain is working slowly enough that there is noticable time before a change? The brain slows down changes to the dream on purpose to preserve the flow of the story? Something within the archetype relating to speed? Something else entirely?

That's something I'm going to need to look into more, the art of change. Thus far I've just taken for granted that change does occur. I haven't studied where and under what circumstances change takes place yet.

But I think the timing issue is just a matter of waiting for an opportunity for change to occur.

Keeping a dream stable is a balancing act of focusing your attention on certain elements and avoiding or dealing other less desirable elements. So generally speaking, change will occur when you attention becomes unbalanced. Either too much on one element, causing it be grow and become more real, or not enough on other elements, causing them to become unstable.

As Arutad mentioned, things do tend to come out of nowhere. Off the top of my head, the three big change inducers are

- Looking away from something, then looking back
- Looking really close at something allowing change to occur outside your field of vision.
- Just looking somewhere new.

Q: "When you dream you don't normally have consciousness and any directed attention to speak of. It's a play of your subconsciousness. Yet you can remember yourself in buildings and rooms that seems stable, you have characters speaking to you on their own. You don't do it, your attention is not involved in the process."

I think we always have consciousness. We are conscious during the day, and any non lucid dream seems like reality at the time, so I don't really see a difference. We react to our environment, make decisions, ect. The subconscious just determines the landscape we inhabit. The consciousness is always there dealing with it.

Q: But that's what I'm talking about. There is a place in your mind that creates them, and it doesn't require your attention, it doesn't require you to be aware of what it does. It makes dreams on its own, attention is not involved in supporting them. I'm saying that because that's my experience, not because I'm thinking it theoretically.

The conscious and subconscious are always in play. The consciousness directs what for the subconscious will take.

Q: An example would do. Usually if I LD in my apartment I want to go out, so I jump down through the window. Windows are usually closed. I had no problem jumping through them for a long time, never felt any obstacle on my way. But once I tried to run through and banged my forehead on it. I was surprised, tried again and banged my forehead again. Then I stepped back and remembered how I never had troubles before. I actually thought that no matter what happened, now that I remember that I never had troubles before and have certainty of success, I won't fail. And I jumped through the window with no problem. My certainty of success was an expectation, and it changed everything.

That wasn't expectation. You defaulted on the archetype of matter being solid because that's the most active and well defined one you have. You get more data confirming that in RL than any other model.

Then you overrode or invoked a new archetype, the formed from your previous experiences passing through the window.

The most likely reason you were able to pass through that window in the first place is because you were more focused on flying than on the obstacle solid matter might present. That forged a new archetype that you are now able to draw on by focusing your attention onto it, and becomes more reliable the more you use it.

Another reason I think expectation isn't accurate is because of the word "NOT". You walk around in a lucid repeating out loud "There are NOT going to be zombies, there are NOT going to be zombies...", while looking around to make sure there aren't any zombies.

It would be a pretty safe bet to say the average person in going to encounter a zombie in that situation. Trying to preemptively negate zombies in that case still invokes the zombie archetype, causing the very opposite of your expectations.

Q: "I regularly look at various objects in my LDs, not only at my hand. The same. You look at something, it remains what it is. You look away, it changes. The problem is that it doesn't work the way you think it does. You don't need to look at something to let it change, you need to look away from it. Of course looking at something will work too, but only because you expect a change, not because you look at something. It's the same old dream control, you expect associated details or things to spring up and it happens. It doesn't make it "a law" of the dream-world. And it's not the nature of dream control in general, it's the rule of your personal dream-control that you created for yourself."

I think you misunderstand. Directing your attention is not limited to the visual range of sensory input. It can be a feeling, a concept/theme/idea, a sound, a smell, a memory. What you look at can be a very minor part in all that. It's things that catch your attention and stick in the back of your mind that count.

I never really got how change occurs. Seemed almost redundant since dreams are so full of change. I completely agree change occurs when you look away. When I said change occurs by focusing on something, I meant focusing on something new.

I still maintain this thread is not about my personal control system. It's a general purpose system that transcends all belief systems. It allows you to take advantage of your own personal system, and whatever that may be is of no relevance other than incidental to this discussion. A dream is a dream. Whatever your beliefs they work in somewhat predictable ways you can take advantage of. I'm doing my best here to sum up those generalizations in terms that will apply to everyone.

Q: "In my time working with emotional disturbed young men this became quite apparent. Often times a small trigger could set off a boy. The trigger might be something as small as a similar type of boots that a person wore that were similar to one of the boy's abusers (this is a real life example and did happen). Such an environmental trigger would start to set the boy off in an emotional storm, sometimes instantly but sometimes slowly. A trained professional can watch as the boy gets slowly more and more unstable as minutes and hours go by until going into an emotional episode. In the early stages the boy might not even know there is anything wrong, might not even make a conscious connection between the boots of the new person and the boots of the abuser, but the subconscious does and starts to produce anxiety. Later the anxiety grows, but like I said a trained professional that knows the boy well and knows signs to look for might even be able to realize that the boy is going to have an emotional episode even before the boy does because the boy is not consciously aware of his emotions yet still they are there lurking below the surface subtly affecting the boys behavior. Hope that makes sense. My posts get kind of long but I like to be clear. Thanks."

That's a perfect example. The kid focuses on something with a strong emotional attachment, the powerful emotions magnify it's effect and start dredging up related memories which snowball out of control as he focuses on each new one.

It's exactly what happens in the classic tooth dream scenario.

Q: "I wonder if it is important to distinguish between strong negative and strong positive emotions. I personally can think of ways in which strong positive emotions have helped me in real life and in the dream world (or so it seemed at the time). But I would definitely agree that strong negative emotions could have a negative impact. I am glad that you mentioned how your mood while you were in one room seemed to affect the mood of others in other rooms. I do think that moods, energy levels, and emotions are transferable and contagious."

I don't see the need to distinguish between positive and negative emotions, it's the intensity of the emotion that counts. They each have their uses. As a teacher, you have to be both friend and disciplinarian.

Q: "As a teacher I know the value of matching and then raising the emotional mood of the classroom. If I go in with too high energy when teaching a low energy class, I will go over their heads. If (and this rarely happens) I go in with too low energy when teaching a high energy class then I will go under their heads. The important thing is to get everyone on a similar energy level and then raise them together by just being slightly higher than they are. I have to say though that I do believe that body positions and voice tone and rhythm do play a role in this, but I do think there are other contributing factors too, some of which might seem psychic."

Seem psychic, but I think it's just other ways or levels in which you capture and manipulate your student's attentions. Body position, voice tone and rhythm are good examples, but like in a dream, there are countless other ways you can do it.

One of the most effective methods I've seen a teacher us to gain control of an unruly class was to slam meter stick down on someone's desk as hard as he could. Talk about getting your attention!

Come to think of it, many of my teachers had unique ways grabbing and manipulating the student's attention. One could silence anyone with just a look. Another knew how to direct the other student's attention against you as a weapon in order to cow you into submission. A less subtle one was one teacher would fry up the cow brains we dissected for the class to eat. All examples of directed attention which I think relate to dream control

Q: "I can't quite figure out why I have a problem extending, stabilizing, and intensifying lucid dreams. I know that you have talked about introversion and maybe that is my problem. I don't really ever seem to get lost in too much detail unless maybe when I am flying but that seems to be a fairly universal problem."

A stable dream requires a balanced focus of your attention. Becoming lucid upsets that balance, and sometimes you need to make a few corrections. The easiest thing to do might be to reset to your basic defaults though motion, which implies both your dream body and an environment to move around in and react to. Reestablish the basic framework, where you are, where you're going, what you're doing, what's happening around you.

You may even need to do that several times. I usually keep moving and doing crazy stuff like in the movie Crank. It keeps things stable, but holds me back somewhat because I become a little too involved with the environment which makes me more prone to distraction.

It's give and take really. Exerting control necessitates upsetting stability.

Q: "Dreams are a creation of our subconscious and conscious minds, correct? And these are formed by our own beliefs and experiences, right? Then it seems Night Stalkers can be as much a part of that experience as anything. I know several people who have dreamed the same dream at the same time (from their separate points of view). Which would be an important part of dream control, if it can be controlled. So it seems to fit quite well in this thread.

Night Stalkers may just be one person's experience with certain types of dream phenomena, but if learning about Dream Control came from the experience (which it does appear to), then Night Stalkers fit well within this thread.

Did the Night Stalker portion contain some information that some people may not agree with? Like the idea of shared dreams? Yes. Does that make it any less valid? Well, I don't like lawn Gnomes, but that doesn't mean other people should throw them away because I would. And I don't like hard core mathematics. It's too theoretical, and not practical enough. But by golly, though I don't see directly how we would benefit from it, some people manage to make it work, and change science (see: Einstein). It isn't that mathematics is proven correct. In fact, Physics will tell you that mathematics is an exact model trying to model an inexact world.

It is good to know where information came from so you can create a more full context for it, and place it in your own mental box. However, Moonshine, when you try to place it in everyone else's mental box, you are attempting to short circuit their method of learning for your own.

As for Shamanism and Magic, etc., these are belief systems. Belief systems color our dreams thoroughly, and alter how we can control them, and which methods work best for us. This is a thread on Dream Control, so it is still quite a valid topic.

It is nearly impossible to construct the idea of how beliefs affect our dreams without giving examples of beliefs affecting dreams, and also nearly impossible to give good examples or even pass along knowledge clearly unless it comes from your own belief system and experiences. Have you ever played telephone? That game is an example of why just passing on knowledge without experience can degrade quickly into nonsense.

So while you are attempting a forum control here, Moonshine, you are really just projecting YOUR OWN beliefs onto this thread, which is exactly what you are arguing is the problem with this thread. It might be better if you took a less hypocritical standpoint when you post to threads.

-Jim"

Thank you Jim. That was very well said.

Q: "One thing I don't understand is dream transitions or discontinuities. When you focus on certain things, instead of developing inside the same dream, they require a change of scenario. You go through a black patch and you transition to a new dream. Now why is that?"

Possibly because your thought process becomes internalized, and you don't have enough attention externally to sustain your surroundings. It seems like a sudden transition because you have one single archetype populating a blank slate, so it only seems more dramatic than usual.

Q: "I've been playing around with a theory, so let me put it to you. In waking reality, we have our perceptions, which are external, and our thoughts, which are internal. They don't really mix."

Actually they do mix. Your inner thoughts determine where you focus your outer perceptions, the exact same way as in dreams. In fact they limit them, because like in dreams, you can't be aware of anything that you don't have an existing archetype for.

Q: "In dream reality, we don't have perceptions, and we do have our thoughts, which are completely externalized as pseudo-perceptions. So actually looking at your dreams means looking at your mental contents, but externalized, or clothed with a sensory appearance taken from our store of memories. Does this sound plausible? BTW, this does not necessarily mean that our dreams are subjective - they are just as subjective or objective as our thoughts are, that's all."

Very well put.

Q: "In both cases, your belief system is the main limitation on what you can achieve. But whereas in the dream world, you can make immediate and visible changes, the material world is much more resistant to change, and your thought will change it over weeks or months rather than seconds."

RL only seems more resistant to change for the same reason those sudden transitions seem so dramatic, because they are the sole source of influence on a blank slate. In RL, there are billions of other people exerting an influence as well, so it only looks like your individual contribution is meaningless.

But there's still gotta be a way to have direct influence over reality. When you focus on an archetype and it manifests it's associations, those new manifestations don't become the new source of change until you shift your focus onto them. So I'm thinking that by utilizing the manifested properties of the general archetypes the population is focused on and not the archetypes themselves, then those areas below the focus radar should allow you to exert change over the real world.

All I know for sure is I've got to start being more careful about the types of women I fantasize about, because they keep appearing out of seemingly nowhere!

Q: "What you are saying about archetypes ties in with something I read in Huxley's The Gates of Perception. He argued that, rather than being an organ of thought, the brain was a "reducing valve" (I think he was using a plumbing metaphor!), whose role was to reduce the flood of information provided by the five senses to manageable proportions, by a process of filtering related to our previously acquired conceptions of the world."

I suppose that is what I'm saying.

Q: "These principles operate in physics also it seems. It seems that as scientists focus in on subatomic particles it just gets deeper and deeper and more detail unfolds to them. It is like they are chasing the mystery but their attention keeps creating it at a deeper level. At first it was atoms, then it was electrons, neutrons and protons, then it was quarks and positrons, etc. Then it was waveforms where particles are in no particular place but just where the observer expects them to be. And this opens the door to alternate realities. But, In a dream I had microscopic vision and I zoomed into a cobblestone and it unfolded fractally."

Relativity and the Uncertainty principle apply to dreams the same way they do to reality. You cannot fly faster than the speed of light in a dream (wormholes and teleportation doesn't count!)

I don't think there is an irreductable God particle in the physical universe. According to the dream model, there will always be more detail the deeper you look. That goes both for the microcosm and the macro cosm. The phrase "as above, so below" seems to apply here, but I don't want to get into that right now.

Q: "I know its been almost three years since the last reply was made to the thread but for the sake of it let me include some of my thoughts. Cusp I would love it if you are still suscribed to the post. Three years of experimenting with these ideas im sure would have given you some more very interesting insights."

No worries, this thread never really dies. And it will only have been two years this spring.

Q: "I would like to know if anyone is familiar with the book "Conversations with God" by Donald Walsh."

I've heard of it, but had no idea that's what it was about. The title kind of put my off, but the concept of God isn't so far off as a metaphor. It's just the closest pre-existing archetype that embodies many of the relevant aspects. The idea of God isn't a useless concept, it makes a great template archetype for dealing with the unknown, but you just have to be willing to modify that archetype to fit the circumstances. Many people are resistant to change in their ideas of god, or their archetypes are so massive and well established that it's almost impossible to change them.

*Q: "1.Awareness of being in a dream like state

1. Everything in the dream requires your attention to exist.
 2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.
 3. Emotions play a very important role in dream control
- hehe sounds like im paraphrasing what Cusp has said before, but these are all rules that this book puts forward albeit not as concisely."*

Realy? He says that? It's good to have independant confirmation! I'm going to have to read that, especially since I want to write a book on the subject and I need to check out my competition. I didn't think I had any!

Q: "So how can reality be manipulated like a lucid dream? firstly, an awareness that this waking life is just merely a dream has to be in our minds...this awareness also has to come with a realisation that this dream is a creation of our universal body's mind (again crap word but you get the meaning) and as such we have absolute control over it."

For starters you need a lucid awareness in your daily life. Basically what I tried to say here <http://dreamviews.com/community/showthread.php?t=83428>
You have free will, but you need to be lucid to use it.

Q: "When I am with other people, I feel them deforming my personal world view and perception - they really tug it out of shape. This is very clear when I take a walk with one other person. Their effect on the conversation is most noticeable, but in fact the exact same effect takes place at the level of perception, even if no words are spoken. But I think exactly the same thing takes place in dreams. You can have totally subjective dreams, but most dreams are shared, not only with other human beings but with a host of other creatures."

Your timing is uncanny. I've only just started noticing that happening in my dreams last week. Had two separate dreams where that was happening. I would encounter suspect fellow dreamers and my attention would jump like a scratched record, or like you're trying to click on something with your computer mouse and the cursor suddenly jumps halfway across the screen.

But I don't want to discuss that too much here, I'll make a thread about it in BD.

As for in RL, I can feel that happening as well. It's one of the main factors in determining the company I keep.

Q: "So I think you've got it wrong in this respect. Sometimes in the real world we have the place to ourselves - nobody else is around - and we are still not capable of changing it at will. And sometimes in dreams, we are with others, and we are still capable of making changes at will. So I don't think that being alone or with others is the limiting factor - something else is."

I don't think physical distance is the limiting factor. Perhaps a radio frequency type scenario, where you only share your reality with people tuned to the same frequency.

Q: "Yeah I know what you mean about the God archetype, i had some real trouble starting the book because of this but once you get into it youll see that this "god" is more of a consciousness...sort of the collection of everyones consciousness kind of thing..in other words much more to do with our minds than the God that sent locusts to Egypt"

What book? You failed to include a link? Sorry I took so long to respond, but I've been loathe to bump my own thread, especially after 26000 views of just me rambling.

From what I can tell, reliable dream control stems from stable, well established archetypes. Jesus would be a prime example, but from my theories, Elvis would be an equally powerful archetype.

Q: "When I am with other people, I feel them deforming my personal world view and perception - they really tug it out of shape. This is very clear when I take a walk with one other person. Their effect on the conversation is most noticeable, but in fact the exact same effect takes place at the level of perception, even if no words are spoken."

It's been noticing that for years now, even before I noticed how dream control affects reality, that I've been choosing the people I hang around with according to how they perceive me. I still don't consciously know how this works, but fundametally, it surely has something to so with shared reality.

Q: "Realy? He says that? It's good to have independant confirmation! I'm going to have to read that, especially since I want to write a book on the subject and I need to check out my competition. I didn't think I had any!"

Well that makes two of us. I've been putting off my book until I hammered out the specifics of shared dreaming, which pretty much hinges on the peculiarities of the shared dreaming experience. I've been pretty lax in my efforts, but as far as I can tell, the only difference between dreaming and reality is the number of people you share it with. I can't help but think my signature holds some clue to reality, shared dream or otherwise.

Q: "I would be interested to know what your personal argument is for your assertion that RL is just a dream like state...what makes you think this is so?"

That isn't some fanciful notion for me, it's a logical deduction. My primary interest has always been dream control. I've never been satisfied with the theory that belief or expectations determines the level of control an individual had, especially since I've had so many experiences that seem to indicate otherwise. Just today at work, I had an old retired dude who just sat there and watched us all friggin' day, because he just had nothing better to do. Normally I would have found that annoying as hell, but because I didn't pay him the slightest attention, it was like he didn't exist.

Q: "When I am with other people, I feel them deforming my personal world view and perception - they really tug it out of shape. This is very clear when I take a walk with one other person. Their effect on the conversation is most noticeable, but in fact the exact same effect takes place at the level of perception, even if no words are spoken."

It's been noticing that for years now, even before I noticed how dream control affects reality, that I've been choosing the people I hang around with according to how they perceive me. I still don't consciously know how this works, but fundametally, it surely has something to so with shared reality.

Q: "In some aspect of mind control, changing/chanelling empotions and events is called "reframing."."

Reframing things is key to dream control. You only fail when you give up. For instance, instead of trying to increase the light levels in your dream, you could just give yourself night vision.

Q: "I have never read the secret. Every few years new stuff comes out that reveals the age old truths. And they are age old, since the beginning of time. The laws of reality are constant as far as i know in this cycle of existcence. In the yoga scriptures is says that every so many years truths will be revealed for the new generations for their benefit and to end suffering etc."

Same here. I've never read The Secret, yet I feel like I'm intimately familiar with it. From what I can tell of my incidental knowledge of the subject, it sounds a lot like dream control, only it lacks the specifics of of dream control. But to me, knowing how dream control works explains so much! Of course I can't stress enough the importance of of archetypes, as difficult as it is to explain.

Q: "The archetypes that make up DCs are arranged primarily by their vibration."

I'm sorry, but this vibration stuff is just too ethereal for me to discuss. It could mean anything, and there's a lot of variation in the ways people use that term. I've gotten away with a lot of stuff in this tread, but I still feel an obligation to keep it somewhat mainstream so as to be of use to the average dreamer.

Not that I don't appreciate what the term vibrations can describe. In fact encountering a lower vibration is the best theory I can come up with for the horrifying "slowness" described in this thread, Geometric Night Terrors and Fever Dreams. <http://www.dreamviews.com/community/...ad.php?t=29794>

Q: "Luckily, negative thoughts are much less powerful than positive ones... so you have to think about a negative thing for a lot longer before it will begin to seed."

I strongly disagree with the hippie tree hugging notion that love trumps all, that positive vibes are stronger than negative ones. I've tried to base my theories exclusively on dreaming experiences (mine and other DJ entries I've read), and I've seen no indication that that positive emotions are stronger than so called negative ones. From what I can tell, they are equal in every way. If you think otherwise, I guarantee I can ruin your fucking day to prove it if I have to (but I'd rather not) . It's just a matter of what you focus on. There is a reason the ying yang symbol has equal proportions of light and dark.

Q: "But just like real people DCs are alive and independent unto themselves; they are conscious, not just projection slides in the brain."

Perhaps. The Logos theory comes to mind, but that really has no business in this section of the forum.

*Q: "So, like..
If I were watching T.V or playing a video game..
Everything around the T.V would pretty much vanish and my concentration would move all into the T.V..
Right? :s"*

Right. I'm reminded of dreams where I was watching TV and my surroundings faded away until I was in the show.

Or sometimes you'll see young kids watching TV, and you can talk to them but they don't hear you.

Q: "With the first rule, what about things that newly appear as you explore? Like if you are just running through your dream world with you SC mind making things that you don't pay that much attention to. I'm not trying to poke holes in your theory but I am just asking you to elaborate on that."

I think of those as satellite properties of the main archetype your attention is focused on, or peripheral archetypes. They exist through the main active archetype, until you focus your attention onto one of them and then they become the dominant archetype that drives the creative process in your dreams.

That's pretty much the main algorithm of dreams. Main archetype produces satellite associations until one of those associated properties captures your attention and become the main archetype, which produces it's own association until one of those captures your attention... On an on all night.

Of course archetypes don't necessarily have to produce something new. They can alter existing elements. For instance, in a recent lucid dream, I was being chased by a motorbike gang. I ran into the woods where I could better ignore them, and a glowy pixie like thing caught my attention. When I looked back to the motor bike gang, they had become an elven army. Obviously I associate pixies with elves and such.

Q: "hi I need your help really badly I'm having trouble once I become lucid controlling my dreams for some reason every time I try to control something like when I wAnt some thing to appear or something to happen well something does happen but not what I wanted like the other when I had a dream and realized I was in a dream and became lucid the 1st thing I did was change the setting that's something I'm really good at then I seen a worm in some grass all of a sudden it became like 200ft tall and had a gold crown on it's head i got creeped out so I flew up (flying is a work in progress for me) as I got higher I saw that there were these giant worms all over my deam world infecting it n blowing stuff up then I became afraid and fell out the sky into a lake I was hovering over I began to drown then the big worm with the crown came from the water and a claw came from it's body n he took a swing at me then I woke up so I wanted to ask because things like that happen all the time to me in lds also most of the time the dream won't do what I want it to can u help"

This is a perfect example of the second rule of dreaming. The more attention you give something, the more related detail it creates.

The worm hooked your attention, and that focused attention caused the worm archetype to grow out of control.

You just have to learn to break away and focus on something else when that happens. The only real control you have is where you choose to focus your attention.

Q: "I have a question, I tried to Earthbend in a lucid dream a couple of days ago and it didn't work. I concentrate a lot on it but not too much. But still nothing happens. Any tips?"

That's a tough one. While looking at the earth, try to impose archetypes that embody what you want to accomplish. Perhaps stuff like earthquake, hill, mountain, bulldozer, chasm or canyon. Anything that is related to how you want to earth to move. Maybe waves like water. It will probably take a lot of work to master it, but you should be able to make at least something happen.

Q: "There's a famous story that is usually mentioned to represent this: when the first caravels arrived to the American coastline, the Indians didn't see them until they were really close to the shore, because they had never seen anything like it and their brains ignored them at first. It took some time for their minds to even consider these objects as "real" and to decide "wasting" resources to make them "visible" on the Indians minds. The brain just kept the boats invisible and out of the picture until they were so obviously there, the mind had to deal with its presence and recognize them consciously."

The way I heard it, they didn't see nothing, but instead saw something created from their own personal inventory archetypes. And I'd wager many saw different things while looking at the same boat. I've actually heard more recent examples of this happening on Coast to Coast AM from time to time. Several people encounter something strange and each sees something different yet the same on an archetypal level.

Q: "When we're awake, we're still half-dreaming, because our brain recreates the world around us in its own personal manner. What I see is surely different from what you see even if we're in the same time and place. It's like a shared dream that has personal areas and overlapping areas. If you point my attention to some object I wasn't seeing before, it becomes real to me to and we're then sharing that dream-like object. Don't forget that matter isn't really real, it is just a cloud of endless probabilities that we collapse with our conscience, our attention, just like we do in dreams."

Nothing to add to that, you covered it too well

Q: "I can fly at really high speeds and I have no problem with that. Once I even flew at what seemed to be the speed of light. It felt like crossing several universes as if they were 2D... Hard to explain. But the dream didn't fade, the images I was seeing of the sequential universes were clear and focused. I even choose one that attracted me the most and stopped there. I think speed limits are only imposed by yourself but they can be overcome if you just free your mind from being worried about creating the next landscape."

I don't want to get into this too deeply right now, since I logged in to post something else. I'll agree the only limitations are conceptual ones, but I think there might be a couple of rare ones that can't be overcome. "Speed of Light" is irrelevant, since there is no way to measure how fast you are going. So let me rephrase and say increasing your speed indefinitely is impossible, at least in a controlled manner. I suppose you could get locked into nightmarish fractal loop to adjust for the constant perspective changed needed, but even then you'd only be moving relative to the current fractal which can't really be seen as an increase in speed.

Q: "I never create the landscape. I simply move freely through worlds I don't take the slightest second of thought creating. Try it"

Oh don't you? Rule 5 says you do! I'm not much of a realm sculptor myself, and my surroundings are not something I micro manage. You don't need to create it all manually, but you do need to remember you have a choice.

Q: "My own theory on this is that when you're half-lucid you know you're dreaming but you don't think too much about it, you just do things naturally and they happen as you expect them to. When you're fully lucid, your rational mind may take over, not allowing spontaneous intuitive creation to simply work its magic. You start thinking too much about how to make things happen, therefore blocking them."

I think the dream state is a delicate thing that the subconscious knows how to maintain with great skill. I think bringing full consciousness into the picture overrides that instinctive distribution of awareness, bringing along invocations of real world physics.

Only way around it is to learn to merge the two, a common archetype in it's self among the new agers.

Q: "There is a parallelism between this and attaining enlightenment. Masters are always saying, if you wish and crave for enlightenment all the time, it won't come to you, only when you stop thinking about it you will achieve it. Still, if you never have that goal, it probably won't come either. So the secret is in keeping the balance, a very subtle balance, between knowing you can have it and not thinking that you want it."

Dream control is nothing if not about balance. I got my best results in my dream influencing experiments when I didn't even get around to "doing" my various means I was using to achieve my ends. I chose my subject to send and said I'd get around to the sending part later. My targets began getting hits before I even tried to send.

Are you coming from a magical perspective with that last part? I sounds a lot like some of the magical school parallels I've been researching. Chaos magic in particular is practically interchangeable with dream control on every level.

Ok, Mayatara distracted me for a bit there, but now to post what I came here for.

Looks like I have to add a 5th rule.

Rule 5: You are always in control, even if you don't realize it

Nothing really new about this, I've said it before and it's always been a part of dream control and how dreams are formed. But it's a constant, and since there are so few constants in dreaming, that's gotta make it important.

Still not entirely sure what the ramifications of this new rule are, if any. Gotta let it stew for a bit, but the fact that it's a constant makes it important enough to be it's own rule. I suppose ultimately it would mean that nobody can hurt you but yourself, which is again nothing new.

The Dark Side of dream control

This is a thread I saw on [AboveTopSecret.com](http://www.abovetopsecret.com) which is a conspiracy website. Somebody posted a thread explaining how they pulled off the miracle of the dancing sun at Fatima. What he described was the the most well polished piece of dream control engineering I've ever seen.

MAJOR SPOILER WARNING, Major System Used for Making Miracles (i.e. Levitation and move) in Religious, page 1: <http://www.abovetopsecret.com/forum/thread708314/pg1>

It it's most basic level, the scheme takes advantage of specific visual quirks to make it appear that something is moving when it's not. He outlines the mechanisms for how these work explicitly.

What comes next is classic dream control. They train the eyes to do specific visual quirks in response to a tone, basically creating an archetype and trigger combo through repetition. They use a religious context where miracles happen, essentially fine tuning the possible outcomes. The whole thing is dream control on a scale I've never dreamed of. Not to mention the emotional impact of seeing a major miracle in a large crowd like at Fatima.

I totally buy it. The whole thing is just too elegant to be made up. Every element fits in perfectly. That thread also made me realize I've totally been under utilizing triggers in my dream control. Of course you wouldn't want to become too reliant on triggers, as you'd be limited to those already prepared, but a few well trained trigger activated dream powers could come in very handy when lucid.

...

Rewrite?

I've been saying I'm going to rewrite this for a long time now, and I'm saying it again! I think the reason I haven't yet is because the thread format is insufficient to contain what I'm trying to convey. So I'm creating a discussion board dedicated to dream control. The different sections a forum allows will allow me to break the topic up and hopefully keep things more coherent.

I also won't hold back on the shared dreaming and real world control applications there. In fact I'm hoping to invite people who practice dream control under other names, so it won't be strictly about dreaming. I mean it's strictly about dream control, but if that means taking tips from magical schools who are basically using dream control, then so be it.

I've cobbled together a basic site so far, but if anyone knows about setting up and running a free forum, and also wants to volunteer, PM me!

...

Same shit, different pile

I haven't been very active on DV lately. I'm still pursuing my obsession with dream control, only I've moved my shit to a different pile. I'm approaching it from the angle of magic and the occult, which is essentially the same thing in my opinion. I've been learning a great deal about Archetypal Engineering and real world application, as well as refining my ideas of what an archetype is and how to use it.

I do my thing over on Occult Corpus

Those interested in exploring my ideas of what dream control is can look up posts I've made over there. It's presented in the context of varying magical paradigms, but everything I write about there is directly applicable to dream control. You don't need to believe in magic, I don't want your belief, only your attention.